

PRESSURE POINTS



November 2011

HIGH BLOOD PRESSURE NEWS YOU CAN USE

Understanding Blood Pressure



High blood pressure is often called the silent killer because it usually doesn't have any symptoms. But if left untreated high blood pressure is a major risk factor for developing cardiovascular disease. So even though it may not seem like a pressing problem, it's important to understand and control because it can lead to heart attack, stroke and even kidney failure.

What is blood pressure?

Blood pressure is a measure of how much force your blood has on the walls of the blood vessels in your body. The more blood there is to pump, and the narrower your arteries, the higher your blood pressure. Think about when there's construction on the road. As the road narrows and rush hour hits, cars have to slow down because there is more traffic on the road. This is similar to what happens in your body when you have high blood pressure. Your heart has to work harder to pump blood.

Blood pressure is measured as two numbers: **systolic** and **diastolic**. Systolic pressure is a measurement of blood pressure when the heart is beating, and diastolic pressure is the measurement when it's relaxed. Your blood pressure is read as systolic over diastolic pressures, such as 120/80.

What do the numbers mean?

- Normal blood pressure is less than 120/80 mmHg
- Pre-hypertension is in the range of 120-139/80-89 mmHg

At these stages it may be possible to control your blood pressure with lifestyle changes such as diet and exercise. When your blood pressure is consistently more than 139/89 mmHg, it's considered to be high, and is known as hypertension.

- Stage 1 Hypertension: 140-159/90-99 mmHg
- Stage 2 Hypertension: higher than 160/or higher than 100 mmHg

At these stages, your doctor may want you to consider medications to help control blood pressure.

Talk to your doctor about the healthy choices you can make to control your blood pressure.

Resources online:

UMass Memorial website: www.umassmemorial.org/heart

The National Institutes of Health's website: www.nhlbi.nih.gov/hbp/index.html

The Mayo Clinic's website: www.mayoclinic.com/health/high-blood-pressure/DS00100

Questions for Your Health Care Team

- What are my blood pressure numbers?
- What are some things that I can do to get my blood pressure to a healthier level?

Strength: Keeping Your Heart Healthy

Learn more about the UMass Memorial Health Care Heart and Vascular Center of Excellence by requesting our free brochure today. Call 888-358-6277.



The Mall: It's Not Just for Shopping

With the holidays approaching it may be difficult to find time to exercise. Before you hit the stores, try walking a few laps around one of the malls listed below. You can do a bit of window shopping along the way. For an extra calorie burn, skip the escalator and use the stairs. Don't forget your sneakers.



- **Auburn Mall, Auburn, MA**

This is the ideal place to walk for exercise. Doors open for mall walkers at 7:30 am, Monday through Saturday, and 10 am on Sunday.

- **Greendale Mall, Worcester, MA**

Greendale Mall welcomes mall walkers. Mall entrances open at 8 am, Monday through Saturday, and 10 am on Sunday.

- **Natick Mall, Natick, MA**

Get healthy and feel fit while walking in a climate-controlled environment. Walkers may enter through any main entrance. Doors open at 7:30 am, Monday through Saturday, and 8:30 am on Sunday. Please stop by Guest Services on the lower level near Nordstrom to complete a mall walker waiver form.

Stroller Strides is a stroller fitness class where mom can workout with her baby. It's a great way to get in shape, be with your baby and meet other moms. Classes consist of a power walk combined with body sculpting exercises using exercise tubing, the stroller and the environment. The classes are designed to accommodate all levels of fitness. The Natick Mall classes meet on Tuesday and Thursday mornings from 9:30 to 10:30 am on the second level in front of P.F. Chang's China Bistro.

- **Solomon Pond Mall, Marlborough, MA**

Solomon Pond Mall welcomes mall walkers. To facilitate early walkers, two mall entrances open at 7:30 am, Monday through Saturday, and 8:30 am on Sunday. For more information, stop by customer service.

Recipes for Heart Health: Turkey Waldorf Salad

Courtesy of the Diabetic Skillet - www.thediabeticskillet.com

Serves: 6. Prep Time: 10 minutes. Difficulty: Easy

This salad is quick to make as the cabbage and carrots are pre-shredded and the turkey is precooked. The recipe includes a little honey to offset the flavors but you can substitute with sugar substitute if desired.



½ cup mayonnaise, light or reduced fat

2 tablespoons cider vinegar

1 tablespoons honey

½ cup plain, nonfat yogurt

10 ounces coleslaw mix (shredded carrots and cabbage)

10 ounces carrots, shredded

1 cup boneless and skinless turkey breast, cooked and chopped

1 apple

¼ cup chopped walnuts

To make the dressing, mix together mayonnaise, vinegar, honey and yogurt (and fresh ground black pepper to taste). In a large salad bowl, combine coleslaw mix, shredded carrots, turkey, apple and walnuts. Toss together with dressing. For best results allow salad to refrigerate for an hour to blend flavors.

Nutritional information: Per serving about 270 calories, 11g fat, 1g saturated fat, 0g trans fat, 55mg cholesterol, 20g protein, 25g carbohydrates, 3g dietary fiber, **290mg sodium**

Exchanges: 0.5 fruit, 0.5 other carbs, 2 vegetable, 2 lean meat, 2 fat

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