

# PRESSURE POINTS



December 2013

**HIGH BLOOD PRESSURE NEWS YOU CAN USE**

## Blood Pressure Control: The Gift that Keeps on Giving



This holiday season give yourself a priceless gift, the gift of blood pressure control. Blood pressure control may not be the most expensive or glamorous thing on your list but when the 2013 holiday season has passed, keeping your blood pressure in good control will help you stay healthy so that you can achieve all the things you want to in the new year.

Sometimes, long-range goals are tough to keep in mind. Everyday activities crowd out the future vision making it easy to ignore all the little things you need to do to take care of yourself. As humans, we often put taking care of the needs of others ahead of taking care of ourselves. When these types of thoughts creep into your mind, remember that if you don't take care of yourself first you may not be able to take care of others in the future. Try to find a happy balance between taking care of yourself and devoting time to helping other people in your life. Even better, include those you care about in the healthful food choices you are making, your weekly exercise routine, your goals of quitting tobacco and/or alcohol use, decreasing stress, etc.

What are four long-term benefits that come from controlling high blood pressure?

1. Less likelihood to have a stroke.
2. Less likelihood to have kidney failure.
3. Less chance to have congestive heart failure (CHF). High blood pressure is the #1 risk factor for CHF.
4. Less chance for eye problems, including blindness, due to high blood pressure.

What are four short-term benefits that come from controlling high blood pressure?

1. You feel good.
2. You may lose weight if you are more active and follow the DASH diet.
3. You have more energy.
4. You meet your blood pressure goal!

### Questions for Your Health Care Team

- What is one small change I can make to improve my blood pressure control?
- What else do you recommend I do to decrease my risk for blood pressure complications?

## 15 Ways to Burn 100 Calories



1. Cardio dance class: 15 minutes
2. Jumping rope: 9 minutes at a moderate intensity
3. Rowing machine: 13 minutes
4. Walking stairs: 11 minutes
5. Basketball, shooting hoops: 20 minutes
6. Bowling: 30 minutes
7. Dancing around living room: 20 minutes
8. Golfing, carrying clubs: 15 minutes
9. Playing Frisbee: 30 minutes
10. Tennis (singles): 15 minutes
11. Raking leaves: 23 minutes
12. Washing the car: 20 minutes
13. Playing with children: 23 minutes
14. Sweeping: 23 minutes
15. Grocery Shopping: 45 minutes

## Free Chair Yoga Class

Chair yoga adapts traditional Kundalini yoga movements and breathing exercises that can promote physical and mental well-being. It's done while seated in a regular chair, making it suitable for individuals of all ages and abilities, including those with physical limitations. Classes are taught by certified yoga instructors Andrea DiRigiero and Diane Pingeton, MD. This class, offered by the UMass Memorial Department of Psychiatry, is open to the public and offers all a convenient opportunity to try out chair yoga and experience its benefits in just one hour.



Thursdays, 11 am

328 Shrewsbury Street, Room 302, Worcester, MA

Plenty of off-street parking is available. Classes are free, but donations are suggested. 100 percent of the proceeds benefit the Worcester County Food Bank.

## Recipe for Heart Health: Cream of Mushroom Soup - Without the Cream

Courtesy of [Calorie King](#)

Serves 6 people

Preparation Time: 20 minutes

Cooking Time: 30 minutes

Yield: 1-1/4 cup servings

1 lb potatoes, peeled, cut into half-inch cubes  
3 tablespoons reduced-fat buttery spread or margarine  
2 large carrots, chopped (6 oz each)  
1 large onion, chopped (6 oz each)  
1 teaspoon minced garlic  
1 lb mushrooms, with stems, coarsely chopped

1/4 cup dry sherry  
1 1/2 cup low-fat milk  
1 cup chicken stock  
1/2 teaspoon dried thyme leaves  
1 pinch ground black pepper



In a large saucepan add potatoes and 3 cups water. Cook, covered, over medium-high heat until tender, about 10 minutes; drain and set aside.

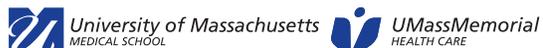
In a large non-stick skillet, melt margarine over medium-high heat. Add carrots, onion, and garlic; cook, stirring frequently, until barely tender (about 5 minutes). Add mushrooms; cook and stir until mushrooms are tender (about 5 minutes).

Stir in sherry; cook for 1 minute. Remove 1-1/2 cup of the mushroom mixture; set aside.

In a food processor, place potatoes and remaining mushroom mixture from frying pan. Process until smooth. Pour into saucepan. Add milk, chicken stock, thyme, pepper and reserved 1-1/2 cup mushroom mixture. Simmer over medium-heat until heated through, about 10 minutes.

**Nutritional information (per serving):** Calories Per Serving: 175; Total Fat: 4.1g; Saturated Fat: 1.6g; Protein: 6.8g; Carbohydrates: 27.2g; Fiber: 2.9g; Sodium: 195mg

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