

hypertension

High Blood Pressure Is A Serious Illness

High blood pressure is often called a "silent killer" because many people have it but do not know it. Some people do not feel sick at first. **Over time, people who do not get treated for high blood pressure can get very sick or even die.**

High blood pressure can cause:

- kidney failure
- stroke
- blindness and
- Heart attacks.

There is good news.

There are life-saving medicines people can take every day to help control their high blood pressure. People who eat healthy foods, exercise, and take their medicines every day can control their blood pressure.

Take your blood pressure medicines.

It is important to take your blood pressure medicines every day. **Take your medicines even when your blood pressure comes down ... even when you do not feel bad.** Do not stop taking your medicine until your doctor says that it is OK.

Most people who take high blood pressure medicines do not get any side effects. Like all medicines, high blood pressure medicines can sometimes cause side effects. Some people have common problems like headaches, dizziness or an upset stomach. These problems are small compared to what could happen if you do not take your medicine.

Understanding your blood pressure – What do the numbers mean?

When you have your blood pressure taken, you are told 2 numbers, like 120/80. Both numbers are important.

The first number is your pressure when your heart beats (**systolic pressure**). The second number is your pressure when your heart relaxes (**diastolic pressure**).

Questions To Ask Your Doctor

- What drugs am I taking?
- What are the side effects?
- What other prescription drugs should I avoid while taking my medicines?
- What foods, herbs, or over-the-counter medicines should I avoid?
- When should I take each drug? How many times per day do I take each drug?
- Can I take my medicines if I am pregnant or nursing?

<http://www.fda.gov/womens/medicinecharts/highbloodpressure.html>

CONTENTS

High Blood Pressure Is A Serious Illness	1
Risk Factors and Prevention	2
Quiz	3
Hypertension Management – Understanding High Blood Pressure	3
Vinaigrette Salad Dressing	4



Florida Health Care Plans



An Independent Licensee of the Blue Cross and Blue Shield Association

hypertension

Risk Factors and Prevention

About 72 million American adults -- nearly 1 in 3 -- have high blood pressure. Many people get high blood pressure as they get older. In fact, over half of all Americans age 60 and older have high blood pressure. However, getting high blood pressure is not a normal part of aging! There are things you can do to help keep your blood pressure normal, such as eating a healthy diet and getting more exercise.

Anyone can develop high blood pressure. But your chances of getting high blood pressure are higher if you:

- are overweight or obese
- are a man over the age of 45 or a woman over the age of 55
- have a family history of high blood pressure
- have pre-hypertension, a reading of 120-139/80-89 mmHg.

Other things that increase your chances of developing high blood pressure are:

- eating too much sodium (salt)
- drinking too much alcohol
- being physically inactive
- smoking
- not getting enough potassium in your diet
- taking certain medicines, such as some antacids and hormone therapy (women)
- having long-lasting stress.

In the U.S., high blood pressure occurs more often in African Americans. Compared to other groups, blacks:

- tend to get high blood pressure earlier in life
- usually have more severe high blood pressure
- have a higher death rate from complications related to high blood pressure, such as stroke, heart disease, and kidney failure.



hypertension

Quiz

1. Anyone can develop high blood pressure, but your chances of getting it are greater if you

- A. are overweight or obese
- B. are underweight
- C. are under the age of 45.

A is the correct answer. Anyone can develop high blood pressure. But your chances of getting high blood pressure are higher if you are overweight or obese.

2. Many people get high blood pressure

- A. from others who have it.
- B. as they age.
- C. when they lose weight.

B is the correct answer. About 72 million American adults -- nearly 1 in 3 -- have high blood pressure. Many people get high blood pressure as they get older. In fact, over half of all Americans age 60 and older have high blood pressure.

3. In the U.S., high blood pressure occurs more often in

- A. people under 30 years of age.
- B. athletes.
- C. African Americans.

C is the correct answer. In the U.S., high blood pressure occurs more often in African Americans. Compared to other groups, blacks tend to get high blood pressure earlier in life and usually have more severe high blood pressure. They also have a higher death rate from stroke, heart disease, and kidney failure.

http://www.nhlbi.nih.gov/health/public/heart/hbp/hbp_dci.htm

Hypertension Management – Understanding High Blood Pressure

This newsletter, courtesy of FHCP, is part of an educational series of mailings for **Controlling High Blood Pressure**. This program is **free** to all our members. Topics discussed concern diet, exercise and medications for high blood pressure.

Attention Members: Check all that apply; detach, print your name and sign below.

- Please remove my name from this mailing list.
- This household is receiving 2, please only send one.
- I prefer to receive via email. My email address is: _____
- Please add me to the mailing list.

Signature: _____

Name (Print) _____ FHCP Member #: _____

Mail to: Florida Health Care Plans, 1340 Ridgewood Ave., Rm. 310, Holly Hill, FL 32117



An Independent Licensee of the Blue Cross and Blue Shield Association

1340 Ridgewood Avenue
Holly Hill, FL 32117

Presorted Standard
U.S. Postage
PAID
Permit No. 564
Daytona Beach, FL

Health or Wellness or Prevention Information

Vinaigrette Salad Dressing

1 bulb garlic, separated and peeled
1/2 cup water
1 Tbsp red wine vinegar
1/4 tsp honey
1 Tbsp virgin olive oil
1/4 tsp black pepper

1. Place the garlic cloves into a small saucepan and pour enough water (about 1/2 cup) to cover them.
2. Bring water to a boil, then reduce heat and simmer until garlic is tender, about 15 minutes.
3. Reduce the liquid to 2 Tbsp and increase the heat for 3 minutes.
4. Pour the contents into a small sieve over a bowl, and with a wooden spoon, mash the garlic through the sieve into the bowl.
5. Whisk the vinegar into the garlic mixture; incorporate the oil and seasoning.

Makes 4 Servings
Serving Size: 2 Tablespoons

Per Serving:

Calories: 33
Total Fat: 3 g
Saturated Fat: 1 g
Cholesterol: 0 mg
Sodium: 1 mg
Protein: 0 g

Carbohydrate: 1 g
Calcium: 3 mg
Magnesium: 1 mg
Potassium: 6 mg
Fiber: 0 g

