

HomeTimes

The newsletter for "Those Who Care" from Your Choice in Homecare.

America's Choice In Homecare®

Since 1998, Visiting Angels has been providing adults and seniors with the needed assistance to continue living at home. At our nationally known, locally owned agency, it is our mission to maintain the independence and familiar surroundings for those in need.

We offer help with personal care, light housekeeping, meal preparation, transportation, shopping, companionship, respite care for families, live-in care and assistance with daily living activities. Call us today for a free, no obligation consultation! We care every day, in every way!



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What You Need to Know to Control This Silent Killer

(BPT) - Most people assume they only need to take their medication when they are sick, meaning when they experience symptoms. But in the case of hypertension, this type of thinking could kill you.

Patients who have hypertension are often completely asymptomatic - that's the reason hypertension is often called the silent killer. The belief that symptoms such as headaches, nose bleeds, nervousness, sweating, difficulty sleeping or facial flushing are signals to take blood pressure medication is a myth.

Nonadherence to hypertension medication is a huge challenge. Research shows that one in three American adults suffer from high blood pressure, but only 47 percent effectively treat their disease to keep blood pressure levels under control.

Higher risk for heart attack, stroke

Express Scripts' specialist pharmacist Ed Dannemiller recently spoke with a patient who was 40 days late to refill her blood pressure prescription.

"When I asked her about the delay, she said she only takes her medication when she feels stressed or has a headache. The problem with this is that patients with hypertension may feel perfectly fine before suffering a heart attack or stroke," says Dannemiller.

Normal blood pressure is less than 120/80, but consistent levels above 140/90 require medical attention. Simply keeping a patient's blood pressure under control decreases the risk of heart attack by 25 percent, stroke by 33 percent and heart failure by 50 percent.

But the only way to have a precise measurement is through a blood pressure reading.

Become an engaged patient

"I encourage patients to become engaged in their own health and keep track of their blood pressure readings, which can help prevent unnecessary hospitalizations or ER visits," Dannemiller explains.

For patients with white-coat hypertension - those whose blood pressure rises from stress in the doctor's office - a home blood pressure monitor is a good option.

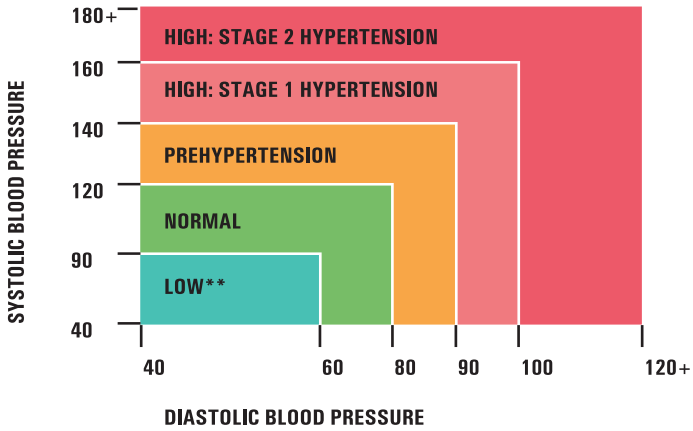
Dannemiller offers these useful tips for patients monitoring their pressure at home:

- Take blood pressure readings in a seated position with arm at the heart level
- To regulate the monitor, discard the first reading
- Keep a record of your blood pressure levels to bring to your doctor's appointment
- This additional data will help your physician better understand your condition and make better medical decisions to ensure healthier outcomes.
- Lifestyle changes can help
- In addition to staying adherent to blood pressure medication, regardless of symptoms, the following lifestyle modifications also can improve cardiovascular health:
- Consume a heart-healthy diet rich in fresh fruits and vegetables and low in salt, fat and cholesterol
- Engage in regular aerobic physical activity
- Manage your weight, limit alcohol consumption and do not smoke

"Even with lifestyle modifications, most patients need at least two medications to reach their blood pressure goal," says Dannemiller.

Intervention and education from specialist pharmacists provide an important resource to improve medication adherence. When patients understand the value of their treatment and embrace good cardiovascular health, they bring a little more noise to this silent killer. For more information, visit lab.express-scripts.com.

BLOOD PRESSURE CHART*



*Information provided by the U.S. Dept. of Health and Human Services. <http://www.nhlbi.nih.gov/files/docs/guidelines/jnc7full.pdf>
**Having lower than normal (120/80) blood pressure is a good thing, but you should consult your doctor if you feel your blood pressure is too low and/or you are experiencing symptoms of hypotension

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Tips on Beating the Heat

(CDC) - Heat-related deaths and illness are preventable yet annually many people succumb to extreme heat. Historically, from 1979-2003, excessive heat exposure caused 8,015 deaths in the United States. During this period, more people in this country died from extreme heat than from hurricanes, lightning, tornadoes, floods, and earthquakes combined. In 2001, 300 deaths were caused by excessive heat exposure.

People suffer heat-related illness when their bodies are unable to compensate and properly cool themselves. The body normally cools itself by sweating. But under some conditions, sweating just isn't enough. In such cases, a person's body temperature rises rapidly. Very high body temperatures may damage the brain or other vital organs.

Several factors affect the body's ability to cool itself during extremely hot weather. When the humidity is high, sweat will not evaporate as quickly, preventing the body from releasing heat quickly. Other conditions related to risk include age, obesity, fever, dehydration, heart disease, mental illness, poor circulation, sunburn, and prescription drug and alcohol use.

Because heat-related deaths are preventable, people need to be aware of who is at greatest risk and what actions can be taken to prevent a heat-related illness or death. The elderly, the very young, and people with mental illness and chronic diseases are at highest risk. However, even young and healthy individuals can succumb to heat if they participate in strenuous physical activities during hot weather. Air-conditioning is the number one protective factor against heat-related illness and death. If a home is not air-conditioned, people can reduce their risk for heat-related illness by spending time in public facilities that are air-conditioned.

Summertime activity, whether on the playing field or the construction site, must be balanced with measures that aid the body's cooling mechanisms and prevent heat-related illness. This pamphlet tells how you can prevent, recognize, and cope with heat-related health problems.

What Is Extreme Heat?

Conditions of extreme heat are defined as summertime temperatures that are substantially hotter and/or more humid than average for location at that time of year. Humid or muggy conditions, which add to the discomfort of high temperatures, occur when a “dome” of high atmospheric pressure traps hazy, damp air near the ground. Extremely dry and hot conditions can provoke dust storms and low visibility. Droughts occur when a long period passes without substantial rainfall. A heat wave combined with a drought is a very dangerous situation.

During Hot Weather

To protect your health when temperatures are extremely high, remember to keep cool and use common sense. The following tips are important:

Drink Plenty of Fluids

During hot weather you will need to increase your fluid intake, regardless of your activity level. Don't wait until you're thirsty to drink. During heavy exercise in a hot environment, drink two to four glasses (16-32 ounces) of cool fluids each hour.

Contact your local Visiting Angels agency to obtain, “Beat the Heat! Summer Help for Seniors,” a guide to help you understand excessive heat risks and how to avoid prolonged heat exposure for those at risk.

Warning: If your doctor generally limits the amount of fluid you drink or has you on water pills, ask how much you should drink while the weather is hot.

Don't drink liquids that contain alcohol, or large amounts of sugar—these actually cause you to lose more body fluid. Also avoid very cold drinks, because they can cause stomach cramps.

For more information, visit www.bt.cdc.gov/disasters/extremeheat/heat_guide.asp.



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ROSEMARY & GARLIC CAULIFLOWER MASH

Ingredients:

1 head cauliflower, chopped
1/4 cup chicken stock
1 Tbsp plain Greek yogurt
1 Tbsp olive oil
2 cloves garlic, chopped
2 Tbsp grated Parmesan cheese
1 wedge Laughing cow cheese (I used garlic and herb)
Pinch of sea salt
1/4 tsp. pepper
1/2 tsp. fresh rosemary, chopped

Preparation:

Bring a medium pot of water to a boil and add your chopped cauliflower. Boil for about 10 minutes, until cauliflower is tender and soft. Drain and pat dry with a towel.

Add hot cauliflower to your food processor and add chicken stock, Greek yogurt, olive oil, garlic and cheeses; process until completely smooth. Feel free to add a touch more Greek yogurt as needed for creaminess.

Stir in salt, pepper and rosemary and enjoy!

Nutritional Information :

Serving Size: 1/2 cup • Calories: 106 • Fat: 4.2 g • Carbs: 11.4 g • Fiber: 4.3 g • Protein: 6.2 g • WW Points+: 3 pts

<http://www.eat-yourself-skinny.com/2014/01/rosemary-garlic-cauliflower-mash.html>



SOUTHWEST FLANK STEAK WITH PEACH SALSA

Ingredients:

Southwest Flank Steak:
3 Tbsp. packed brown sugar
3 Tbsp. chili powder
4 1/2 tsp. ground cumin
1 Tbsp. garlic powder
1 Tbsp. cider vinegar
1 1/2 tsp. Worcestershire sauce
1/2 tsp. cayenne pepper
1 beef flank steak (1 1/2 lbs.)

Peach Salsa:
3/4 cup chopped peeled fresh peaches
1 small red bell pepper, chopped
1 jalapeno pepper, seeded and chopped
2 Tbsp. finely chopped red onion
2 Tbsp. minced fresh cilantro
1 Tbsp. lime juice
1 garlic clove, minced
1/8 tsp. salt
1/8 tsp. pepper

Preparation:

Combine brown sugar, chili powder, cumin, garlic powder, cider vinegar, Worcestershire sauce and cayenne pepper; rub over steak. Lightly coat your grill rack with cooking oil and grill steak, covered, over medium heat for about 6-8 minutes on each side. If you don't have a grill, broil your steak in the oven about 4-inches away from heat, until desired doneness.

Meanwhile, combine all ingredients used to make the peach salsa in a small bowl and mix well. Allow flavors to marinate a bit while you cook the steak.

Once steak is done, thinly slice and top with peach salsa. Enjoy!

Nutritional Information :

Serving Size: 3 oz. beef + 1/3 cup salsa • Calories: 250 • Fat: 9.4 g • Carbs: 18.2 g • Fiber: 4.2 g • Protein: 23.7 g • WW Points+: 6 pts

<http://www.eat-yourself-skinny.com/2012/08/southwest-flank-steak-with-peach-salsa.html>