

## WHAT IT MEANS TO HAVE HIGH BLOOD PRESSURE

### Amazing facts about your heart and blood vessels

- Your heart beats 100,000 times a day, pushing blood through 60,000 miles of blood vessels. These blood vessels feed vital organs- your heart, brain, eyes, and kidneys.

### High blood pressure may be damaging your blood vessels now

- When blood pressure is high, it can push too hard against the walls of your blood vessels and damage them over time. The result may be a heart attack, stroke, kidney failure, or blindness.
- This damage can happen silently, with no symptoms. That's why high blood pressure is called the silent killer.



### High blood pressure can be managed

- The good news is that high blood pressure can almost always be managed. Sometimes it can be managed by adopting healthier habits, like losing excess weight, eating healthy foods, cutting down on salt (sodium), limiting alcohol intake, and getting regular physical activity.
- For many people, these lifestyle changes don't lower blood pressure enough. It is

then necessary to add medicine to bring blood pressure to a healthier level. Many people need to take 2 or more different kinds of medicines to get to their blood pressure goal.



### Set goal numbers for your blood pressure

- Medical guidelines state that normal blood pressure for adults is less than **120/80** mm Hg. High blood pressure medicine is recommended for numbers at above **140/90**.

## WHAT YOU CAN DO TO MANAGE HIGH BLOOD PRESSURE

### Keep your weight in check

- Blood pressure often increases as body weight increases.
- Losing as little as 10 pounds can lower your blood pressure.

### Get moving

- Being physically active can not only help lower your blood pressure, but it also decreases your risk of heart disease.
- All it takes is 30 minutes of moderate activity on most days of the week. If you prefer, you can divide the 30 minutes up into three 10-minute segments.

### Watch what you eat and drink

- A healthy eating plan can help lower your blood pressure. You might want to consider the DASH diet (which stands for Dietary Approaches to Stop Hypertension), which includes whole grains, fish, poultry, vegetables, and nuts, and smaller amounts of fats, red meats, and sweets.
- It's also a good idea to reduce the amount of salt (sodium) in your diet.
- Alcohol can increase blood pressure. Limit alcoholic beverages to 1 drink a day if you're a woman, and 2 drinks a day if you're a man.

### Take your blood pressure medicines

- It is very important that you take your blood pressure medicines every day as prescribed.
- Blood pressure medicines can help lower blood pressure.

## SODIUM 2 GRAM (2000 mg) DIET

- The human kidney is normally able to remove excess sodium from your body, but when kidney function begins to decline, this ability also diminishes. When excess sodium is not removed from your body it can cause high blood pressure, swelling and excessive thirst.
- Sodium is an element that is found in table salt. 1 teaspoon of table salt is equal to 2000 mg sodium is also found in processed foods such as cheese, lunch meat and frozen dinners. Nuts are often salted and contain large amounts of sodium along with potato chips, pretzels, crackers, tortilla chips, pickles and olives. Fast food restaurant prepare foods are also high in sodium. Packaged salad dressings can contain a lot of sodium. Finally, canned soups, canned vegetables and dehydrated soups are very high in sodium. These items should be avoided or consumed very rarely in small portions.

### LABEL READING

**Sodium-Free:** Contains 5mg or less of sodium per serving

**Very-Low-Sodium:** 35 mg or less of sodium per serving

**Low-Sodium:** 140 mg of sodium per serving

**Reduced-Sodium:** At least 25% less sodium than the original version of the product

### **CAUTION:**

**These items may still contain significant amounts of sodium**

### **No Added Salt or Unsalted:**

No salt is added during processing, but the item might naturally contain sodium



## TIPS ON CUTTING YOUR SODIUM INTAKE

- Reduce salt gradually in cooking and baking
- Put away your salt shaker
- Don't add salt at the table
- Experiment with spices, especially onions, onion powder, garlic and garlic powder.
- Stronger flavors help to mask the lack of salt, but don't mistake onion and garlic salt!
- Avoid obviously salty foods
- Read labels to find hidden sodium that you might not expect
- Add fresh lemon and fresh herbs to cooked or steamed vegetables
- Read labels of Sodium free items because they may contain very high amounts of Potassium, which can also be a problem for your kidneys

## SPICE UP YOUR FOOD

- ✓ **Beef:** bay leaf, marjoram, nutmeg, onion, pepper, sage, thyme
- ✓ **Lamb:** curry powder, garlic, rosemary, mint
- ✓ **Pork:** garlic, onion, sage, pepper, oregano
- ✓ **Veal:** bay leaf, curry powder, ginger, marjoram, oregano
- ✓ **Chicken:** ginger, marjoram, oregano, paprika, poultry seasoning, rosemary, sage, tarragon, thyme
- ✓ **Fish:** curry powder, dill, dry mustard, lemon juice, marjoram, paprika, sage
- ✓ **Carrots:** cinnamon, cloves, marjoram, nutmeg, rosemary, sage
- ✓ **Corn:** cumin, curry powder, paprika, onion, parsley
- ✓ **Green beans:** dill, curry powder, lemon juice, marjoram, oregano, tarragon, thyme
- ✓ **Greens:** onion, pepper
- ✓ **Peas:** ginger, marjoram, onion, parsley, sage
- ✓ **Potatoes:** dill, garlic, onion, paprika, parsley, sage, rosemary
- ✓ **Summer squash:** cloves, curry powder, marjoram, nutmeg, rosemary, sage
- ✓ **Winter squash:** cinnamon, ginger, nutmeg, onion

