

Reduce Your Risk

What's one of the best things you can do to control your high blood pressure? Remember to take your medicine.

Did you know that more than 74 million Americans have high blood pressure?

According to the American Heart Association, one in three U.S. adults has high blood pressure. And because there are no symptoms, more than 52 million Americans either don't know they have it or haven't taken steps to control it.

In fact, 12 percent of Americans don't fill their first prescription for high blood pressure and another 12 percent don't take their medications after filling their prescription.

Also, when patients try to follow doctors' instructions, they often miss a dose or take less than their doctor recommended.

PEHP has enrolled you in our high blood pressure education program so that you will get our "In the Know" newsletters.

They provide information such as:

- » What high blood pressure means.
- » What your blood pressure goals should be.
- » Tips on how to remember to take your medication and instructions for talking to your doctor if you experience side effects.
- » How to lower your out-of-pocket prescription costs.

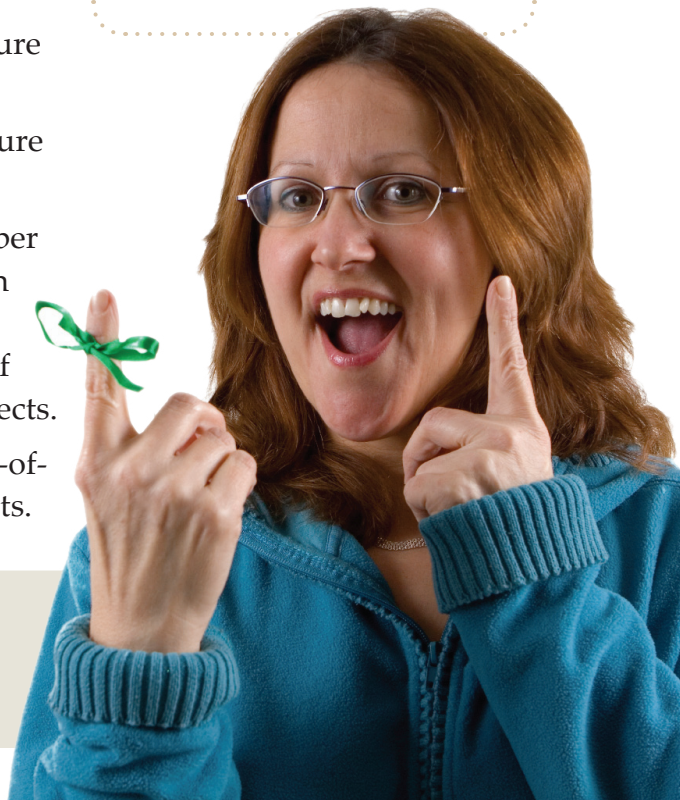
Don't Forget » Taking your medicine as your doctor instructs is vital.

Inside

Know the facts about high blood pressure » Page 2

Your gameplan » Page 3

Test your knowledge » Page 4



Know the Facts

What's high blood pressure and why does it matter?

High blood pressure, also known as hypertension, is a widely misunderstood medical condition.

Some people think those with hypertension are tense, nervous, or hyperactive. But hypertension has nothing to do with personality traits.

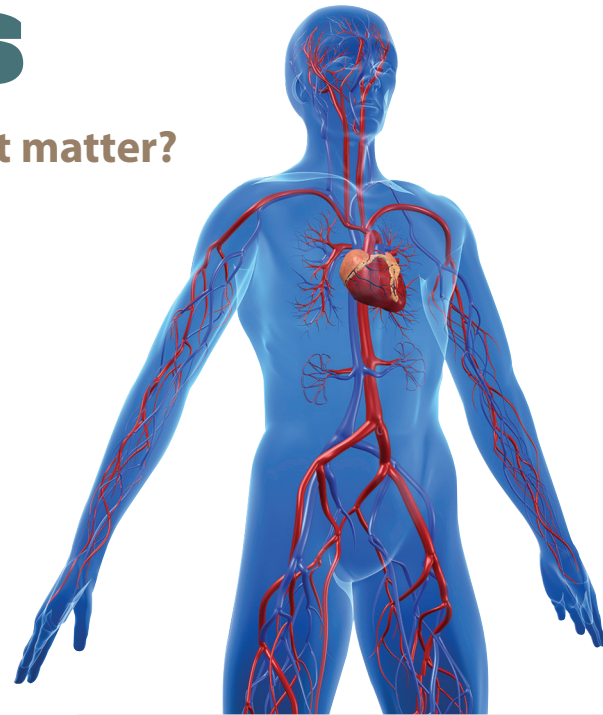
The truth is, you can be a calm, relaxed person and still have high blood pressure.

The organs in your body need oxygen to survive. Your blood carries oxygen through your body. When your heart

beats, it creates pressure that pushes blood through a network of arteries and veins.

If the pressure of your blood flow remains high, it can weaken vessels and make your heart work harder to get blood into your arteries.

Over time, the increased work and weakened vessels can result in damage to the heart itself. Unfortunately, this can increase your chance of having a heart attack, stroke, or heart disease.



Help Your Heart » If your blood pressure is high, your heart may have to work harder to get blood into your arteries.

What should my numbers be?

| | Systolic | Diastolic |
|--|-----------|-----------|
| Normal | Below 120 | Below 80 |
| Prehypertension | 120-139 | 80-89 |
| » Your blood pressure may be a problem. Make a conscious effort to maintain a healthy lifestyle and have regular check-ups with your doctor. | | |
| Hypertension | Above 140 | Above 90 |
| » You have high blood pressure. Have regular check-ups with your doctor and ask how to best control your high blood pressure. | | |

Know your two blood pressure numbers

Knowing your blood pressure is the first step in managing it.

» Your blood pressure measurements are composed of two numbers.

» The top number is called the “systolic” pressure. The bottom number is called the “diastolic” pressure.

» Both numbers are important, however for patients age 50 or older, systolic pressure (top number) gives the most accurate diagnosis of high blood pressure.

Here's Your Gameplan

If your blood pressure is high, follow these recommendations.

High blood pressure is treatable. The first step is to have your blood pressure checked and monitored by a healthcare professional. Hypertension can usually be managed through lifestyle changes and medication.

Following your doctor's recommendations can have a big impact on lowering your blood pressure and preventing heart attack, stroke, or other forms of heart disease. Here are some things your doctor may recommend:



Get Active » Ask your doctor about an exercise plan.

» **Eat a healthy diet.** This might mean a diet with lots of fruits and vegetables and low in salt and fat.

For more information on eating healthy, visit:
<http://pehp.basixwellness.com>.

» **Exercise regularly.** Ask your doctor what kinds of exercise are right for you.

» **Take the medication prescribed by your doctor.** Never start or stop any medication without talking to your doctor.

» **Home monitor and record your blood pressure.** It can provide your doctor with valuable information to see if your treatment is working.

Make taking your medicine second nature

It's important to take high blood pressure medicine as prescribed by your doctor. Here are some tips to help you remember:

» **Take your medication at the same time each day.** Take it when you read the morning newspaper or when you walk the dog each day. Having a set routine will help you to remember.

» **Set reminders.** Watches with alarms, cell phones that vibrate, post-it notes on the refrigerator, and day planners can all help to keep you on track.

» **Enlist the aid of a family member or friend.** Sometimes, just a few weeks of friendly reminders can help you get into the habit of taking your medicine at the right time every day.

Try These Tips » Make a routine of taking your medicine.



» **Write down questions before your doctor's appointment.** This will help you be sure your doctor can answer all of your questions and concerns.

Test Your Blood Pressure IQ

1. Which of the following is the most desirable blood pressure reading?

- a. 140/90
- b. 180/120
- c. 130/80
- d. Lower than 120/80

2. A person with high blood pressure has:

- a. High cholesterol
- b. A nervous condition
- c. A high risk for a heart attack or stroke
- d. Erratic heart beats

3. High blood pressure medication is prescribed to be taken:

- a. Under stressful situations
- b. When a person is stressed
- c. When you require physical exertion
- d. As a lifelong treatment

4. What are some lifestyle changes that can be made to help manage hypertension?

- a. Lower my salt intake per day
- b. Exercise daily
- c. Eat a healthier diet
- d. All of the above

5. Which following tips may help me to take my medication every day?

- a. Don't refill my medication because it doesn't make me feel any different.
- b. Set my prescription bottle by my toothbrush and toothpaste so it reminds me to take it every day.
- c. Don't talk to my doctor about any side effects I am experiencing from my medication.
- d. All of the above

(Find the answers at the bottom left of this page.)

Salmon with Tomato-Basil Salsa

This salmon dish is good for your heart, taste buds

Salmon with Tomato-Basil Salsa

Prep Time » 10 minutes

Baking Time » 15-20 minutes

Description » The fresh tomato-basil salsa will have you "hooked" on this delicious salmon dish. Rich in omega-3 fats, it's good for your heart as well as your taste buds.

Serves 4; 3 ounces salmon and 1/4 cup salsa per serving

Ingredients:

- » Salmon
- » Cooking spray
- » 4 salmon fillets (about 4 ounces each), rinsed and patted dry
- » 3 tablespoons light mayonnaise
- » 2 tablespoons chopped fresh basil
- » 1/2 teaspoon garlic powder

- » 1/2 teaspoon paprika
- » Salsa
- » 6 ounces grape tomatoes
- » 1/4 cup fresh basil
- » 1 to 1 1/4 ounces sweet onion
- » 1 tablespoon red wine vinegar

Cooking Instructions:

- » Preheat the oven to 375°F.
- » Lightly spray a shallow baking pan with cooking spray. Place the fish in the pan.
- » In a small bowl, stir together the remaining salmon ingredients. Lightly spread on each fillet.
- » Bake for 15 to 20 minutes or until the fish flakes easily with a fork.
- » Chop tomatoes, basil, and onion. Put in small bowl. Add the vinegar, stirring gently to combine. Spoon

over or beside the cooked fish.

Cook's Tip » Some produce areas indicate "sweet onions" and others specify certain types, such as Vidalia, OsoSweet, Maui, Walla Walla, or Texas 1015. As the term indicates, these onions are less pungent than most other onions.

Nutritional Analysis:

- » Total fat 8.5g
- » Saturated fat..... 1.5g
- » Trans fat 0g
- » Polyunsaturated fat 4g
- » Monounsaturated fat..... 2g
- » Cholesterol..... 68mg
- » Sodium..... 175mg
- » Fiber 1g
- » Sugar..... 2g
- » Protein..... 26g