

What is blood pressure?

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- Every time your heart beats, it pumps blood through vessels, called arteries, to the rest of your body. Your blood pressure is how hard your blood pushes against the walls of the arteries
- Blood pressure is recorded as two numbers
 - Written like this: 120/80. Read as “120 over 80”.
 - Systolic blood pressure is the first number. It measures the pressure in the arteries when the heart beats (when the heart muscle contracts).
 - Diastolic blood pressure is the second number. It measures the pressure in the arteries when the heart is resting between heart beats.
- Ideal blood pressure is less than 120/80.

What is high blood pressure (hypertension)?

- When the force of your blood pushing against the walls of your blood vessels is too high for too long, it can damage the walls of the blood vessels.
- It is sometimes called the “silent killer” because it usually doesn’t cause any symptoms you can feel.
- If left untreated, it can lead to serious health problems such as heart attack and stroke
- Nearly half of adults in the US (120 million) have hypertension.
- Only about 1 in 4 adults (25%) with hypertension have their condition under control.

What causes high blood pressure?

- Diet
- Physical inactivity
- Overweight
- Smoking
- Drinking too much alcohol
- Stress
- Age
- Family history
- Gender (male)

Ways to manage blood pressure

- Eat a healthy diet
- Move more
- Avoid nicotine
- Manage weight
- Manage stress
- Take medication (for those with hypertension)

Checking your blood pressure

Check your blood pressure for FREE at the following stores. All blood pressure machines are located by the Pharmacy and have easy-to-use directions. Check your blood pressure when out buying your groceries for your family. It's easy, fast, and free!

King Soopers

5301 W. 38th St.
Wheat Ridge, CO 80212
Store hours: 24 hours
Pharmacy Phone: (303) 425 - 7455

Safeway

2660 N. Federal Blvd.
Denver, CO 80211
Store hours: 6:00am – 11:00 pm
Pharmacy phone: (303) 477 -1470

Walmart

7455 West Colfax Ave
Lakewood, CO 80214
Pharmacy Phone: (303) 274 – 5214
Medical Clinic Phone: (303) 645-4892
Store hours: 9am-9 pm Mon-Fri.; 9am – 7 pm Sat; 10am-6pm Sun

3800 W. 44th Ave
Denver, CO 80211
Store hours: 5:30 a.m.—Midnight
Pharmacy phone: (303) 458-8438

440 Wadsworth Blvd.
Lakewood, CO 80226
Pharmacy phone: (303) 205-0766
Store hours: 24 hours

4860 Pecos St.
Denver, CO 80221
Store hours: 6:00am – 11:00 pm
Pharmacy Phone: (303) 433 -5083

What Your Blood Pressure Numbers Mean (adults 18 and older)

FIRST NUMBER		SECOND NUMBER	AND THAT MEANS....
less than 120	AND	less than 80	healthy blood pressure
120-129	AND	less than 80	elevated blood pressure
130-139	OR	80-89	you may have stage 1 high blood pressure
140-179	OR	90-119	see your doctor. you may have stage 2 high blood pressure
180 or higher	OR	120 or higher	tell your doctor immediately!

Your Personal Record for Blood Pressure		
Date	Results	Notes
	/	
	/	
	/	




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	/	
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	/	

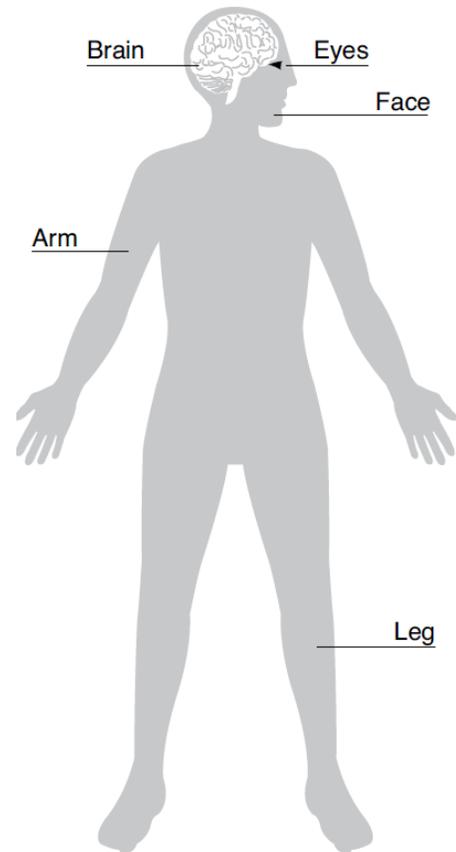



Know the Stroke Signs. Act Quickly.

A stroke happens when blood suddenly stops going to the brain and brain cells die. A stroke is very serious and can lead to disability and death.

Signs of a stroke:

- Numbness of the face, arm, or leg (especially on one side of the body)
- Confusion, trouble talking, and difficulty understanding others
- Trouble seeing in one or both eyes
- Trouble walking, dizziness, and loss of balance or coordination
- Severe headache



A Stroke Is Serious. Every Second Counts.

- Learn the stroke signs and teach them to your family and friends.
- Call 9-1-1 immediately if you have any of these stroke warning signs.
- Treatment can reduce the risk of damage from a stroke. You must get help within 3 hours of your first symptoms.

Adapted from the American Stroke Association, "Let's Talk About Risk Factors for Stroke." 1999-2003. A division of the American Heart Association.



Take Steps

Healthy habits to lower your blood pressure

To PREVENT high blood pressure:

1. Aim for a healthy weight.

Try not to gain extra weight and lose weight if you are overweight. Try losing slowly — about half a pound to one pound a week until you reach a healthy weight.

2. Be active every day.

You can walk, dance, use the stairs, play sports or do any activity you enjoy.

3. Use less salt and sodium in cooking.

Buy foods marked “sodium free,” “low sodium,” or “reduced sodium.” Take the salt shaker off the table.

4. Eat more fruits, vegetables, whole grain breads, whole grain cereals and lowfat dairy products.

5. Cut back on alcohol.

Men who drink should have no more than one or two drinks each day. Women who drink should have no more than one drink a day. Pregnant women should not drink any alcohol.

To LOWER high blood pressure:

1. Practice these steps:

maintain a healthy weight

be active every day

eat fewer foods high in salt and sodium

eat more fruits, vegetables, whole grain breads and cereals and lowfat dairy products

If you drink alcohol, do so in moderation

2. Take your medicine the way your doctor tells you.

3. Have your blood pressure checked often.

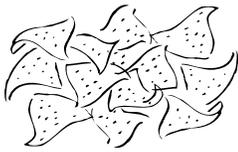
Be aware of hidden sodium.
Often food that comes in a
box or can is high in sodium.



Sodium in Foods

Choose MORE Often

Foods LOWER in Sodium

- Chicken and turkey (with skin removed)
- Fresh fish or rinsed canned fish such as tuna* or sardines 
- Canned foods packed in water
- Low-sodium or reduced-sodium cheeses
- Low-salt chips, nuts, and pretzels 
- Plain rice, noodles, or pasta
- Homemade, low-sodium, or reduced-sodium soups
- Fresh, frozen, “no salt added,” or rinsed canned† vegetables
- Spices, herbs, and flavorings such as cilantro, parsley, garlic powder, onion powder, vinegar, and chili powder 

Choose LESS Often

Foods HIGHER in Sodium

- Smoked and cured meats such as bacon, ham, sausage, hotdogs, and bologna 
- Canned fish such as tuna* and sardines (that are not rinsed) and salted/dried codfish (*bacalao seco y salado*)*
- Canned foods packed in broth or salt† 
- Most cheeses
- Salty chips, crackers, nuts, and pretzels
- Quick-cooking rice and boxes of mixed rice, potatoes, or noodles
- Regular canned and instant soups
- Regular canned vegetables, pickles, olives, and pickled vegetables† 
- Condiments and seasonings such as soy sauce, ketchup, garlic salt, seasoning salt, bouillon cubes, meat tenderizer, and monosodium glutamate (MSG)

* Pregnant and nursing mothers: Talk to your health care provider to find out the types of fish you can eat that are lower in mercury.

† Rinse canned foods to reduce the sodium.

Read the Food Label for Sodium!



Food labels tell you what you need to know about choosing foods that are lower in sodium. Here's a food label for packaged noodle soup.

Packaged Noodle Soup

Nutrition Facts	
Serving Size 1/2 block Servings Per Container 2	
Amount Per Serving	
Calories 190	Calories from Fat 70
% Daily Value*	
Total Fat 8g	12%
Saturated Fat 4g	20%
<i>Trans</i> Fat 0g	
Cholesterol 0mg	0%
Sodium 820mg	34%
Total Carbohydrate 26g	9%
Dietary Fiber 1g	4%
Sugars 1g	
Protein 5g	
Vitamin A 2%	Vitamin C 2%
Calcium 2%	Iron 6%

Amount Per Serving

The nutrient amounts are for one serving. So, if you eat the whole block of noodles, you are eating two servings, and you need to double the nutrient amounts.

Nutrients

Listed are the amounts of sodium in one serving. These amounts are listed in milligrams (mg).

Serving Size and Number of Servings

The serving size is 1/2 of the block of noodles. The package contains two servings. Remember, the numbers on the label are for one serving, not the whole package.

Percent Daily Value

The Percent Daily Value helps you compare products and quickly tells you if the food is high or low in sodium. Choose products with the lowest Percent Daily Value for sodium: 5 percent or less is low, and 20 percent or more is high.

The Choice Is Yours—Compare!

Which one would you choose?

Low-sodium soup is lower in sodium than packaged soup.

Read the food labels, and choose foods that are lower in sodium to help keep your heart strong.

Calories 90	Calories from Fat 0
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
<i>Trans</i> Fat 0g	
Cholesterol 0mg	0%
Sodium 210mg	9%

Low-Sodium Soup

One serving (1 cup) of low-sodium soup, has 210 mg of sodium and 9 percent of the Daily Value for sodium.

Calories 180	Calories from Fat 0
% Daily Value*	
Total Fat 1.5g	12%
Saturated Fat 4g	0%
<i>Trans</i> Fat 0g	
Cholesterol 0mg	0%
Sodium 820mg	34%

Packaged Noodle Soup

One serving, 1/2 block of the packaged noodle soup, has 820 mg of sodium and 34 percent of the Daily Value for sodium. This is nearly four times the amount of sodium in a serving of low-sodium soup.

* **Percent Daily Values** are based on a 2,000-calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.

Mariano's Food Choices



Mariano's blood pressure was slightly higher the last time he visited his doctor.

The doctor told Mariano to cut back on the amount of sodium he eats.

Use the food labels to help his wife Virginia choose foods that will help Mariano follow his doctor's advice.

Write the number of your choice for each pair in the space between the labels.

1 - Tomato Juice

Nutrition Facts	
Serving Size 8 fl oz (240mL)	
Servings Per Container 8	
Amount Per Serving	
Calories 50	Calories from Fat 0
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 750mg	31%
Total Carbohydrate 10g	3%
Dietary Fiber 1g	4%
Sugars 6g	
Protein 2g	
Vitamin A 10%	Vitamin C 120%
Calcium 2%	Iron 5%

2 - Orange Juice

Nutrition Facts	
Serving Size 8 fl oz (240mL)	
Servings Per Container 8	
Amount Per Serving	
Calories 110	Calories from Fat 0
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 5mg	0%
Total Carbohydrate 25g	8%
Dietary Fiber 1g	4%
Sugars 20g	
Protein 1g	
Vitamin A 0%	Vitamin C 143%
Calcium 0%	Iron 8%

Lower sodium choice

3 - Corn Tortillas

Nutrition Facts	
Serving Size 2, 6-inch (48g)	
Servings Per Container 5	
Amount Per Serving	
Calories 110	Calories from Fat 10
% Daily Value*	
Total Fat 1.5g	2%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 80mg	3%
Total Carbohydrate 22g	7%
Dietary Fiber 3g	12%
Sugars 0g	
Protein 3g	
Vitamin A 0%	Vitamin C 0%
Calcium 8%	Iron 4%

4 - Flour Tortillas

Nutrition Facts	
Serving Size 2, 6-inch (48g)	
Servings Per Container 5	
Amount Per Serving	
Calories 160	Calories from Fat 30
% Daily Value*	
Total Fat 3g	5%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 230mg	10%
Total Carbohydrate 27g	9%
Dietary Fiber 1g	4%
Sugars 1g	
Protein 4g	
Vitamin A 0%	Vitamin C 0%
Calcium 0%	Iron 8%

Lower sodium choice

* Percent Daily Values are based on a 2,000-calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.

Mariano's Food Choices *(continued)*

5 – Canned Chicken

Nutrition Facts	
Serving Size 1 can (88g)	
Servings Per Container 1	
Amount Per Serving	
Calories 90	Calories from Fat 15
% Daily Value*	
Total Fat 1.5g	2%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 30mg	10%
Sodium 345mg	14%
Total Carbohydrate 0g	0%
Dietary Fiber 0g	0%
Sugars 0g	
Protein 20g	
Vitamin A 0%	Vitamin C 0%
Calcium 0%	Iron 8%

Lower sodium choice

6 – Roasted Chicken (Boneless, Skinless Breasts)

Nutrition Facts	
Serving Size 3 oz (85g)	
Servings Per Container 4	
Amount Per Serving	
Calories 110	Calories from Fat 10
% Daily Value*	
Total Fat 1g	2%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 75mg	25%
Sodium 30mg	1%
Total Carbohydrate 0g	0%
Dietary Fiber 0g	0%
Sugars 0g	
Protein 25g	
Vitamin A 0%	Vitamin C 0%
Calcium 0%	Iron 4%

7 – Thin Pretzels

Nutrition Facts	
Serving Size 1 oz (28g/about 10 pretzels)	
Servings Per Container 2	
Amount Per Serving	
Calories 100	Calories from Fat 0
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 480mg	20%
Total Carbohydrate 22g	7%
Dietary Fiber 1g	4%
Sugars 1g	
Protein 2g	
Vitamin A 0%	Vitamin C 0%
Calcium 0%	Iron 2%

Lower sodium choice

8 – Baked Tortilla Chips

Nutrition Facts	
Serving Size 1 oz (28g/about 8 chips)	
Servings Per Container 8	
Amount Per Serving	
Calories 120	Calories from Fat 15
% Daily Value*	
Total Fat 1.5g	2%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 170mg	7%
Total Carbohydrate 23g	8%
Dietary Fiber 1g	4%
Sugars 0g	
Protein 2g	
Vitamin A 0%	Vitamin C 0%
Calcium 4%	Iron 4%

* Percent Daily Values are based on a 2,000-calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.

Use Herbs and Spices Instead of Salt

Basil: Use in soups, salads, vegetables, fish, and meats.

Chili Powder: Use in soups, salads, vegetables, and fish.

Cilantro: Use in meats, sauces, stews, and rice.

Cinnamon: Use in salads, vegetables, breads, and snacks.

Clove: Use in soups, salads, and vegetables.

Dill Weed: Use in fish, soups, salads, and vegetables.

Ginger: Use in soups, salads, vegetables, and meats.

Marjoram: Use in soups, salads, vegetables, beef, fish, and chicken.



Nutmeg: Use in vegetables and meats.

Onion Powder: Use in meats, poultry, soups, and salads.

Oregano: Use in soups, salads, vegetables, meats, and chicken.

Parsley: Use in salads, vegetables, fish, and meats.

Rosemary: Use in salads, vegetables, fish, and meats.

Sage: Use in soups, salads, vegetables, meats, and chicken.

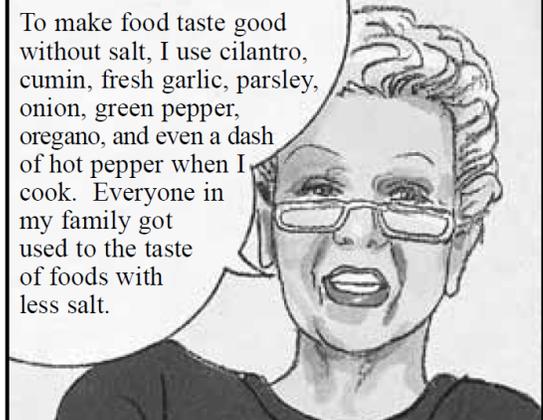
Thyme: Use in salads, vegetables, fish, and chicken.

Donna has learned that it's not hard to get your family to eat less salt and sodium. To break your family's habit of using the saltshaker at the table, try Donna secret recipe! Look for other salt-free seasonings in the grocery store.

Donna's Seasoning Mixture

Fill the saltshaker with these herbs and spices and use it instead of salt to flavor foods.

- ¼ cup chili powder
- 2 tablespoons paprika
- 2 teaspoons oregano
- ½ teaspoon dry mustard
- 1 teaspoon garlic powder
- 1 teaspoon black pepper
- ½ teaspoon red pepper



Turkey Meatloaf Recipe

Here is a healthier version of an old dinner favorite.

1 pound	lean turkey, ground
½ cup	regular oats, dry
1	large egg
1 tablespoon	onion, dehydrated
¼ cup	ketchup
2	celery stalks, chopped
2	garlic cloves, minced
½	green pepper, diced

1. Combine all ingredients and mix well.
2. Bake in loaf pan at 350 °F for 25 minutes, or until the internal temperature reaches 165 °F.
3. Cut into five slices and serve.



Yield: 5 servings

Serving size: 1 slice (3 oz)

Each serving yields:

Calories: 197

Total fat: 7 g

Saturated fat: 2 g

Cholesterol: 103 mg

Sodium: 218 mg

Total fiber: 2 g

Protein: 23 g

Carbohydrates: 11 g

Potassium: 336 mg

Quick Fact

This healthy version of an old dinner favorite is prepared with low-fat ground turkey.

Tips for Taking Medicine for High Blood Pressure

1. Make sure you take medicine as your doctor tells you, not only on the days when you do not feel well.
2. Tell the doctor the names of all other medicines, home remedies, herbs, or supplements you take. Bring everything with you when you have a doctor's appointment.
3. Tell the doctor right away if the medicine makes you feel strange or sick. Ask the doctor about changing the dosage or switching to another type of medicine.
4. Refill your prescription before you run out of medicine.
5. Have your blood pressure checked often to see if the medicine is working for you.
6. Don't stop taking your medicine if your blood pressure is okay. That means the medicine is working.



Questions to ask the doctor:

When the doctor gives you medicine for high blood pressure, ask:

Name of medicine(s): _____

Amount of medicine to take: _____

When to take it: _____

What to eat or drink with it: _____

If your other medicines can be taken safely at the same time: _____

If problems occur, call this number immediately: _____

Weekly Promise - Week 7

This week, think about ways to manage your blood pressure.

- Are there habits that might be leading to higher blood pressure levels?
- Are you ready to make a change or shift to any eating habits or physical activity habits?

Tips:

- Small changes are easier to make than big ones.
- It may be easier to focus on adding healthy food (like a fruit, vegetable or water) to your routine vs. taking foods away when you are just getting started.

