

# High Blood Pressure

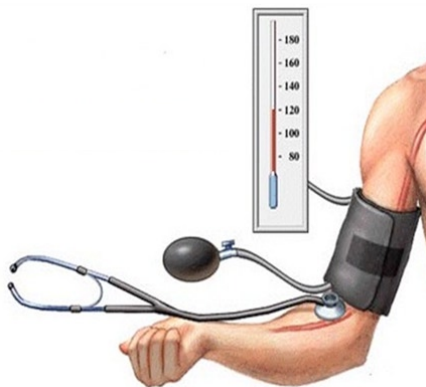
April-2015

## Facts about High Blood Pressure

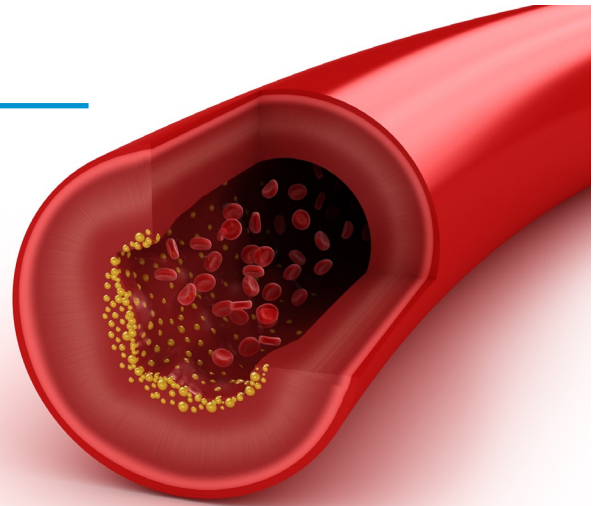
- About 70 million in the United States has High Blood Pressure.
- Only about 52% of people with High Blood Pressure have their condition under control.
- Puerto Rican American adults have higher rates of High Blood Pressure related death than all other Hispanic groups.
- The condition itself usually has no signs or symptoms.
- High Blood Pressure costs the nation \$46 billion each year. This total includes the cost of health care services, medications to treat High Blood Pressure and missed days of work.
- More than 360,000 American deaths in 2013 were related to High Blood Pressure as a primary or contributing cause. That almost 1,000 deaths each day.

### In this edition:

- Facts about High Blood Pressure
- What is called High Blood Pressure?
- Blood Pressure Level
- Causes / Risk Factors
- Getting help
- Understanding nutritional facts
- Cook healthy with Triple-S
- Lifestyle changes
- Preventive Care Centers



# What is called High Blood Pressure?



Blood pressure is the force of your blood pushing against the walls of your arteries as the heart pumps blood. High Blood Pressure (HBP) is a serious condition that can lead to Coronary Heart Disease, Heart Failure, Stroke, kidney Failure and other health problems.

Blood Pressure tends to rise with age. Following a healthy lifestyles some people delay or prevent this rise in blood pressure.

## Blood pressure level (mmhg)

\* The ranges in the table apply to most adults aged 18 and older.

Category	Systolic	Diastolic
Normal	Less than 120	Less than 80
Prehypertension	121 - 139	80 - 89
HBP Stage 1	140 - 159	90 – 99
HBP Stage 2	160 or higher	100 or higher

## Causes / Risk Factors

- Older Age
- Race / Ethnicity
- Family History of HBP
- Some medicines like oral contraceptives, NSAID, corticosteroids
- Overweight and Obesity
- Excessive Alcohol consumption
- Smoking
- High sodium diets
- Some medical problems such chronic kidney disease, thyroid disease and sleep apnea

## Call your doctor if you have any of the following symptoms:

- Severe headache
- Irregular heartbeat or pulse
- Chest pain
- Sweating
- Nausea or vomiting
- Shortness of breath
- Dizziness or lightheadedness
- Pain or tingling in the neck, jaw, shoulder or arms
- Numbness or weakness in your body
- Fainting
- Troubles seeing
- Confusion
- Difficulty speaking
- Other side effects that you think might be from your medicine or your blood pressure

# Understanding the Nutritional Facts

Nutrition Facts	
Serving Size 1 cup (228 g)	
Servings Per Container 2	
Amount Per Serving	
Calories 250	Calories from Fat
% Daily Value*	
Total Fat 12g	18%
Saturated Fat 3g	15%
Trans Fat 1.5g	
Cholesterol 30mg	10%
Sodium 470 mg	20%
Total Carbohydrates 31g	10%
Dietary Fiber 0g	0%
Sugars 5g	
Proteins 5g	
Vitamin A	4%
Vitamin C	2%
Calcium	20%
Iron	4%

Begin Here

Limit the following nutrients

Increase consumption of the following nutrients

LOW less than 5%

HIGH over 20%

You can find the sodium content of food in the nutritional label. A person's recommended sodium intake must be 140 mg or less per portion. Some of the terms used on nutritional labels to refer to the sodium content of food are:

- No sodium – contains less than 5 mg
- Very low sodium – contains 5mg
- Low sodium – contains 140mg or less
- Reduced sodium - contains 25% less sodium
- Unsalted or no salt added – food processed without salt
- Percentage of reduction in sodium content – it has a lower percent of sodium when compared to the original product

## Cook Healthy with Triple-S

Baked macaroni with red sauce

Serves: 6 Serving size: 1 cup

### Ingredients

- 1/2 pound extra-lean ground beef
- 1 small onion, diced (about 1/2 cup)
- 1 box (7 ounces) whole-wheat elbow macaroni
- 1 jar (15 ounces) reduced-sodium spaghetti sauce
- 6 tablespoons Parmesan cheese

### Directions

1. Preheat oven to 350 ° F. Lightly coat a baking pan with cooking spray.
2. In a nonstick frying pan, cook ground beef and onion until the meat is browned and the onion is translucent. Drain well.
3. Cook pasta according to the package directions. Drain thoroughly.
4. Add the cooked pasta and spaghetti sauce to the meat and onions. Stir to mix evenly. Spoon the mixture in to the prepared baking dish. Bake until bubbly, about 25 minutes.
5. Sprinkle with Parmesan cheese and serve immediately.

### Nutritional Analysis per serving

33g Total Carbohydrate, 5 g Dietary fiber, 94 mg Sodium, 4g Saturated fat, 11g Total fat, 29 mg Cholesterol, 15 g Protein, Calories 290, monounsaturated fat 3g

# Lifestyle Changes

- Following a healthy diet (DASH eating plan)
- Being physically active- at least 30 minutes a day
- Maintaining a healthy weight
- Quitting smoking
- Limit how much alcohol you drink -no more than 1 drink a day for women and 2 a day for men.
- Managing your stress
- Blood pressure medicines



## Preventive Care Centers

### Arecibo

CDT Villa Los Santos  
Villa Los Santos v1 16 St.,  
Arecibo

**Monday and Friday**  
8:00 a.m. - 1:00 p.m.  
(787)879-1585 Ext. 272

### Carolina

**UNE Salud**  
Rd. 190 Km. 1.8, Bo Sabana Abajo,  
Carolina

**Monday to Friday**  
7:00 a.M. - 6:00 p.M.  
**Saturday** 7:00 a.m. - 6:00 p.m.  
**787-751-1330 (Call center)**  
**257-7450 Ext. 2625**

### Ponce

**Preventive Care Services**  
San Lucas Medical Tower, Suite 17  
#9909 Tito Castro Avenue, Ponce

**Monday, Wednesday and Friday**  
8:00 a.m. - 5:00 p.m.  
**Tuesday and Thursday**  
8:00 a.m. - 6:00 p.m.  
**(787) 241-0265 / (787) 651-1435**

### Caguas

**Tiger med**  
Muñoz Rivera St., Caguas

**Monday to Friday**  
7:00 a.m. - 8:00 p.m.  
**Saturday**  
7:00 a.m. - 1:00 p.m.  
**(787) 286-2800**  
**Ext. 229, 298, 227, 288, 249**

### Guaynabo, Bayamón

**SALUS**  
Casa Linda Avenue, Road 177  
Los Filtros Avenue km 2.0,  
Bayamón

**Mondays to Thursday**  
7:00 a.m. - 3:00 p.m.  
**Saturday** 7:00 a.m. - 2:00 p.m.  
**(787) 999-3096 / (787) 789-1996**

### San Sebastián

**Centro de Medicina y Cirugía**  
**Ambulatoria de San Sebastián**  
José Méndez Cardona St., Suite 206,  
San Sebastián

**By appointments Monday to Friday**  
8:00 a.m. - 12:00 p.m.  
**Service hours: 7 Days a week**  
8:00 a.m. - 9:00 p.m.  
**(787)926-1001/ (787) 896-1850 Ext. 229**

### Canóvanas

Internal Medicine Canóvanas Group  
A-48 Orchid st. Urb. Loíza Valley,  
Canóvanas

**Monday to Friday**  
8:00 a.m. - 3:00 p.m.  
**(787) 256-0848**

### Mayagüez

**Bella Vista Family Medicine Center**  
770 Hostos avenue, 3rd floor  
Mayagüez

**Monday to Thursday**  
9:00 a.m. - 7:30 p.m.  
**Friday** 7:00 a.m. - 3:00 p.m.  
**(787) 834-6160, Ext. 203**

**For further information please  
call the Health Education Unit  
at 787-277-6571**