

AMBERWELL EDUCATION

# MANAGING YOUR BLOOD PRESSURE (BP)





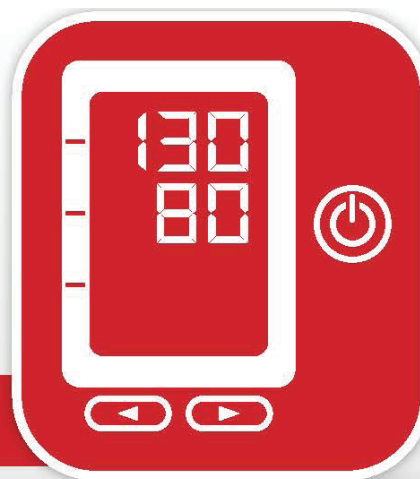


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# BP Raisers



## Learn What Could Raise Your Blood Pressure

Many things can affect your blood pressure (BP). It is critical to understand what medications and substances you should avoid to support a healthy BP.

### **SMALL CHANGES CAN MAKE A BIG DIFFERENCE**

Be your own health advocate by following a healthy lifestyle, such as reducing sodium and checking your blood pressure as part of your daily routine.

High blood pressure – a systolic blood pressure reading of 130 mmHg and above or a diastolic reading of 80 mmHg and above – is a serious health condition that can increase your risk of heart disease and stroke. Take these steps to control your risk.

### **AVOID:**

- Illicit and recreational drugs
- Herbal supplements
- Foods that contain tyramine when taking antidepressants, such as MAOIs (*monoamine-oxidase inhibitors*)



### **LIMIT:**

- Alcohol to less than 1 drink a day for women and less than 2 drinks a day for men
- Caffeine to less than 300 mg per day (about 2-3 cups of coffee); avoid with hypertension
- Decongestants and some cold medicines; avoid with severe or uncontrolled hypertension



### **TALK TO YOUR HEALTHCARE PROVIDER ABOUT STARTING, STOPPING OR CHANGING:**

- NSAID pain medication (drugs like acetaminophen are less likely to increase BP)
- Amphetamines
- Certain medications to treat mental health
- Corticosteroids, such as prednisone
- Immunosuppressants
- Oral birth control (*consider alternative forms such as barrier, IUD, abstinence*)
- Certain cancer medications (*such as angiogenesis inhibitors*)



**NOTE:** Do you suffer from chronic pain? Certain medicines can raise your BP or make your BP medication less effective. Talk to your healthcare provider for guidance if you have any questions.

**TYLENOL**

American Heart Association's efforts to improve healthy choices related to living with high blood pressure is proudly supported by **TYLENOL**®.






[heart.org/bptools](http://heart.org/bptools)

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# WHAT CAN YOU DO TO IMPROVE YOUR BLOOD PRESSURE?

	Modification	Recommendation	Approximate SBP Reduction Range
	Weight reduction	Maintain normal body weight (BMI=18.5-24.9 kg/m <sup>2</sup> )	5 mm Hg
	DASH eating plan	Diet rich in fruits, vegetables, low fat dairy and reduced in fat	11 mm Hg
	Restrict sodium intake	<1500 mg of sodium per day	5-6 mm Hg
	Physical activity	Be more physically active. Aim for at least 90 to 150 minutes of aerobic exercise per week.	5-8 mm Hg
	Moderation of alcohol consumption	No more than 2 drinks/day for men and 1 drink/day for women	4 mm Hg

BP = Blood pressure, BMI = Body mass index, SBP = Systolic blood pressure, DASH = Dietary Approaches to Stop Hypertension



## LOWER YOUR BLOOD PRESSURE:

MAKE THE MOST OF YOUR APPOINTMENT WITH A HEALTH CARE PROFESSIONAL.

### GETTING READY

How often do you check your blood pressure?

- ☐ Every day
- ☐ About once a week
- ☐ About once a month
- ☐ Rarely
- ☐ Never

If you measure your blood pressure, do you keep a log?

- ☐ Yes
- ☐ No

Are you taking your medications as prescribed?

- ☐ Yes
- ☐ Usually
- ☐ Sometimes
- ☐ No

### OVERCOMING CHALLENGES

To get less salt in my diet, I'd like to (choose all that apply):

- ☐ Buy low sodium foods
- ☐ Taste before adding salt
- ☐ Use salt-free spices/herbs
- ☐ Check labels for sodium
- ☐ Cook at home more often

It's hard for me to manage my blood pressure because (choose all that apply):

- ☐ I don't like the way the medication makes me feel
- ☐ I'm having trouble getting my medication
- ☐ I'm having trouble changing my diet
- ☐ I can't easily exercise
- ☐ It's expensive
- ☐ I'm stressed/I don't feel well
- ☐ I forget what I need to do

During my appointment, I'd like to discuss (choose all that apply):

- ☐ My medications
- ☐ Checking my blood pressure at home
- ☐ Reducing salt in my diet
- ☐ Getting more exercise
- ☐ Managing my weight
- ☐ Quitting smoking

### PLANNING FOR SUCCESS

During your appointment, refer to this guide and have ready:

1. A complete list of all your medications (including over the counter, vitamins, and herbal supplements)
2. A pen and paper to take notes

Today my BP is:

- ☐ Normal
- ☐ Elevated
- ☐ Stage 1
- ☐ Stage 2

Notes:

My next appointment is on:

@



# HYPERTENSION NUTRITION THERAPY

This diet will help lower your blood pressure, which can reduce the chances that you will have a heart attack or stroke.

This nutrition therapy is sometimes called the DASH (Dietary Approaches to Stop Hypertension) plan. It cuts back on the amount of sodium that you get from food and drink. (Most sodium comes from salt.)

## Limiting Sodium

- Even if you are taking medications for your blood pressure, you should still limit how much sodium you consume.
- In general, people with high blood pressure should get between 1,500 milligrams (mg) and 2,300 mg sodium per day.
- Your doctor or dietitian can tell you the specific limit that is right for you.

## Tips to Cut Sodium

- In general, foods with more than 300 mg sodium per serving may not fit into your meal plan. You can find out how much sodium is in a food by reading the food label. Remember the amount listed is for one serving, which may be more or less than you eat.)
- Do not salt food at the table; add very little when cooking.
- Choose carefully when you eat away from home. Restaurant foods can be very high in sodium. Let the person taking your order know that you are looking for low-salt or no-salt choices. Many restaurants have special menus or will make food with less salt.

## Fats

Eating the right types of fat and avoiding the unhealthy ones helps to reduce the buildup of plaque in your blood vessels. This lowers your risk for strokes or heart attacks.

This eating plan includes heart-healthy kinds of fat. However, it limits saturated and trans fats. (See the chart for foods with each type of fat.)

Type of Fat	Foods With This Type of Fat	Heart Healthy?
Unsaturated fats	Soybean, canola, olive, or sunflower oil Liquid or soft tub margarines	Yes
Omega-3 fatty acids	Fatty coldwater fish, such as salmon, tuna, mackerel, and sardines Flaxseed oil and ground flaxseed	Yes
Saturated fats	Foods with fat from animals (such as fatty meats, whole milk, butter, cream, and other dairy foods made with whole milk) Palm, palm kernel, or coconut oil (tropical oils)	No
Trans fats	All foods made with hydrogenated oil (Read Nutrition Facts labels: hydrogenated oil may be found in fried foods, crackers, chips, and baked goods made with margarine or shortening.)	No

## Maintaining a Healthy Weight

If you need to lose weight, the DASH plan can help you because it limits high-fat foods and refined carbohydrates. These foods can be high in calories but don't contain many healthy nutrients. Talk to your doctor about what a healthy weight is for you, and set goals to reach that weight. Your doctor can also help you make a plan to get regular physical exercise.



# RECOMMENDED FOODS

Food Group	Foods Recommended
Grains	Breads and cereals, especially those made with whole grains such as oats, barley, rye, or whole wheat Pasta, especially when made with whole grains Brown rice Low-fat, low-sodium crackers and pretzels
Vegetables	Fresh, frozen, or canned vegetables without added fat or salt Highly colored vegetables, such as broccoli, greens, sweet potatoes, and tomatoes are especially good for you
Fruits	Fresh, frozen, canned, or dried fruit
Milk and Milk Products	Nonfat (skim), ½% fat or 1% fat milk Nonfat or low-fat yogurt Nonfat, low-sodium cottage cheese Fat-free and low-fat, low-sodium cheese
Meat and Other Protein Foods	Fish (especially fatty fish, such as salmon, fresh tuna, or mackerel) Lean cuts of beef and pork (loin, leg, round, extra lean hamburger) Low-sodium cold cuts made with lean meat or soy protein Skinless poultry Venison and other wild game Unsalted nuts and nut butters Dried beans and peas Low-sodium meat alternatives made with soy or textured vegetable protein Egg whites or egg substitute
Fats and Oils	Unsaturated oils (soybean, olive, canola, sunflower, safflower) Soft or liquid margarines and vegetable oil spreads Salad dressings (nonfat or made with unsaturated oil) Seeds Avocado
Other	Herbs and spices to add flavor to replace salt Unsalted, low-fat snack foods, such as unsalted pretzels or plain popcorn Fat-free or low-fat sweets, such as maple syrup, jelly beans, hard candy, or sorbet

# FOODS NOT RECOMMENDED

Food Group	Foods Not Recommended
Grains	Baked goods made with hydrogenated fat or saturated fat Any grain foods that are high in sodium or added sugar
Vegetables	Canned vegetables (unless they are low sodium or salt free) Pickles; vegetables packed in brine, such as sauerkraut or olives Fried or breaded vegetables; vegetables in cream or butter sauces
Fruits	Fried fruits; fruits in cream or butter sauces
Milk and Milk Products	Whole and 2% fat milk; cream Cheese (except for nonfat or low-fat, low-sodium types) Processed cheese products Foods made from whole milk or cream (such as ice cream or half-and-half)
Meat and Other Protein Foods	Canned or smoked meat or fish Marbled or fatty meats (such as bacon, sausage, hot dogs, regular hamburger) Whole eggs and egg yolks Poultry with skin High-sodium lunch or deli meats (such as salami) Canned beans (unless they are low-sodium or salt-free)
Fats and Oils	Solid cooking fats (shortening, butter, stick margarine) Tropical oils (palm, palm kernel, or coconut oil)
Other	Salt, seasoning mixes made with salt Soy sauce, miso Canned or dried soups (except for low-fat, low-sodium types) Bouillon cubes Catsup, barbeque sauce, worcestershire sauce Jarred or bottled salsa (homemade without salt is fine) Sugary drinks (such as soda or fruit drinks) Snack foods made with hydrogenated oil, shortening, or butter High-sodium snack foods (chips, pretzels, salted nuts) High-fat, high-sugar desserts High-fat gravies and sauces Premade foods (boxed pasta mixes, frozen dinners, and so on) if high in sodium or fat
Alcohol	<b>Women:</b> No more than 1 drink per day. <b>Men:</b> No more than 2 drinks per day. (1 drink = 5 ounces [oz] wine, 12 oz beer, or 1½ oz liquor)

# HYPERTENSION (HIGH BLOOD PRESSURE) SAMPLE 1-DAY MENU

<b>Breakfast</b>	6 oz orange juice 1 cup raisin bran cereal 1/8 cup raisins 1 cup low-fat milk
<b>Lunch</b>	3/4 cup chopped chicken breast 1 tablespoon low-fat mayonnaise 1/2 large pita bread 3 sticks carrots 2 radishes 2 lettuce leaves 1 cup low-fat fruit yogurt 1 cup iced tea, unsweetened
<b>Evening Meal</b>	4 oz herb baked fish 1 cup pasta 1/2 cup steamed broccoli, with pasta 1/2 cup stewed tomatoes, with pasta 1/2 cup bell peppers, with pasta 1/2 cup raw spinach, salad 1/4 cup cherry tomatoes, salad 1 tablespoon slivered almonds, salad 1 tablespoon light Italian salad dressing 1 whole wheat dinner roll 1 teaspoon margarine 1 cantaloupe wedge 1 cup water, with lemon wedge
<b>Evening Snack</b>	1 banana 1/2 cup light ice cream 1/2 cup fat-free (skim) milk

**Notes**



# HOW TO CORRECTLY MEASURE YOUR BLOOD PRESSURE

## TIPS FOR TAKING MEASUREMENTS AT HOME

- Avoid food and caffeinated beverages within 30 minutes of measuring
- Be sitting for at least five minutes, with feet flat on the floor and uncrossed
- Be relaxed when taking blood pressure, as movement and anxiety can increase your blood pressure
- Record all results
- Compare accuracy of home blood pressure monitoring system to a manual blood pressure taken at your Primary Care office
- Each blood pressure machine has specific instruction of arm placement and aligning cuff correctly over your artery
- Be aware of normal versus abnormal blood pressure readings and when to seek medical attention

## Blood Pressure Categories

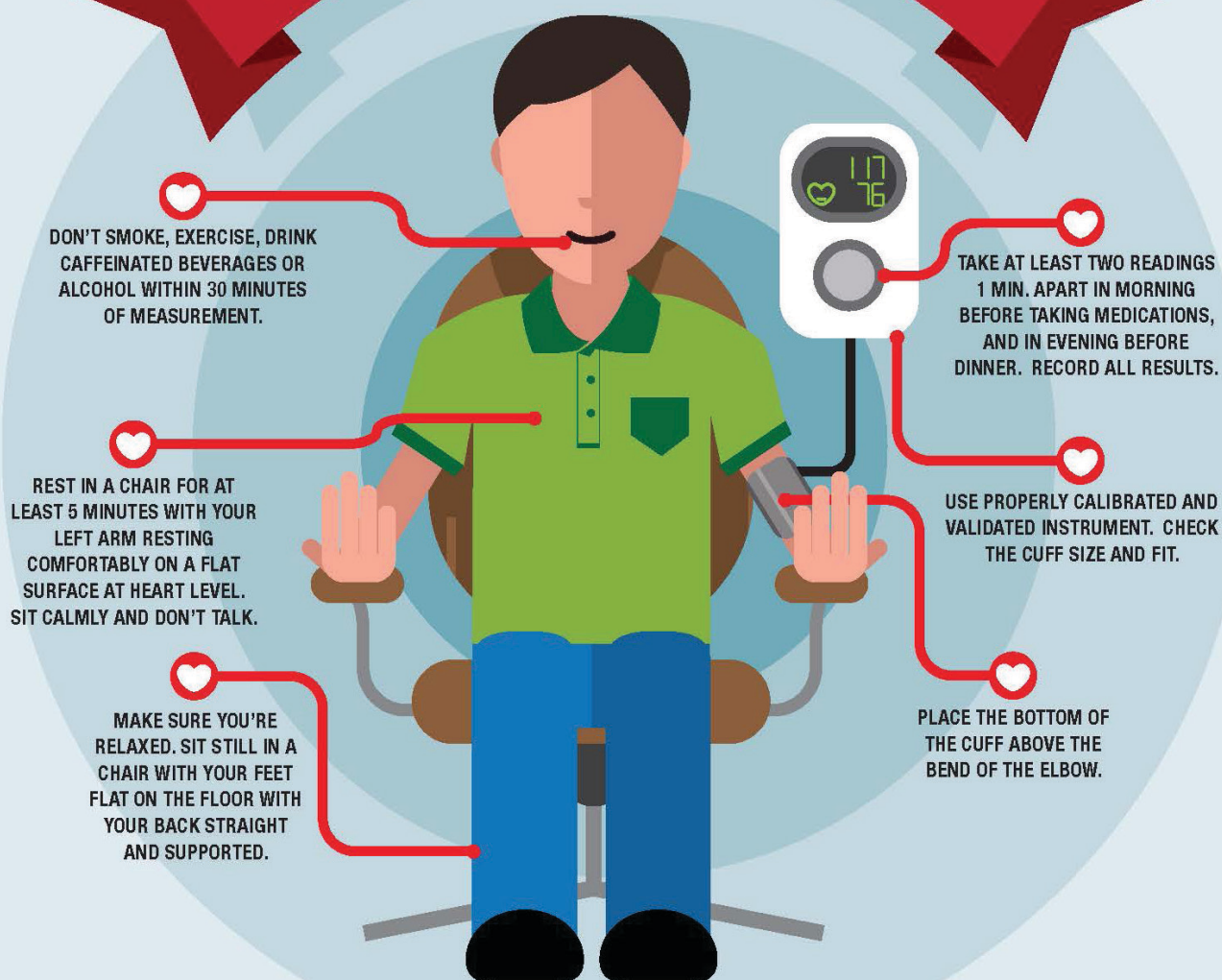


BLOOD PRESSURE CATEGORY	SYSTOLIC mm Hg (upper number)		DIASTOLIC mm Hg (lower number)
NORMAL	LESS THAN 120	and	LESS THAN 80
ELEVATED	120-129	and	LESS THAN 80
HIGH BLOOD PRESSURE (HYPERTENSION) STAGE 1	130-139	or	80-89
HIGH BLOOD PRESSURE (HYPERTENSION) STAGE 2	140 OR HIGHER	or	90 OR HIGHER
HYPERTENSIVE CRISIS (consult your doctor immediately)	HIGHER THAN 180	and/or	HIGHER THAN 120



Read more about blood pressure levels and how to manage BP online at [heart.org/bplevels](https://heart.org/bplevels)

# BLOOD PRESSURE MEASUREMENT INSTRUCTIONS



## American Heart Association recommended blood pressure levels

BLOOD PRESSURE CATEGORY	SYSTOLIC mm Hg (upper number)		DIASTOLIC mm Hg (lower number)
NORMAL	LESS THAN 120	and	LESS THAN 80
ELEVATED	120-129	and	LESS THAN 80
HIGH BLOOD PRESSURE (HYPERTENSION) STAGE 1	130-139	or	80-89
HIGH BLOOD PRESSURE (HYPERTENSION) STAGE 2	140 OR HIGHER	or	90 OR HIGHER
HYPERTENSIVE CRISIS (consult your doctor immediately)	HIGHER THAN 180	and/or	HIGHER THAN 120



\*Wait a few minutes and take blood pressure again. If it's still high, contact your doctor immediately.

LEARN MORE AT  
[HEART.ORG/HBP](http://HEART.ORG/HBP)



American  
Heart  
Association.

# My Blood Pressure Log

Name: \_\_\_\_\_

My Blood Pressure Goal: \_\_\_\_\_ mm Hg

## Instructions:

- Measure your blood pressure twice a day—morning and late afternoon—at about the same times every day.
- For best results, sit comfortably with both feet on the floor for at least two minutes before taking a measurement.
- When you measure your blood pressure, rest your arm on a table so the blood pressure cuff is at about the same height as your heart.
- Record your blood pressure on this sheet and show it to your doctor at every visit.

DATE	AM	PM

DATE	AM	PM



# NOTES





[amberwellhealth.org](https://amberwellhealth.org)

**FOR HELP WITH BLOOD PRESSURE QUESTIONS, CONTACT:**

**Amberwell Atchison**

810 Raven Hill Drive  
Atchison, KS 66002  
913-367-7300

**Amberwell Eighth  
Street Clinic**

801 Atchison Street  
Atchison, KS 66002  
913-367-5020

**Amberwell  
Troy Clinic**

311 W. Locust Ave  
Troy, KS 66087  
785-985-3504

**Amberwell  
Horton Clinic**

1903 Euclid Ave  
Horton, KS 66439  
785-486-2468

**Amberwell  
Hiawatha**

300 Utah Street  
Hiawatha, KS 66434  
785-742-2161

**Amberwell  
Highland Clinic**

415 W. Main Street  
Highland, KS 66035  
784-442-3213