

Office Locations

Pontiac Office
1200 North Telegraph Road
Pontiac, MI 48341

Southfield Office
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Southfield, MI 48076

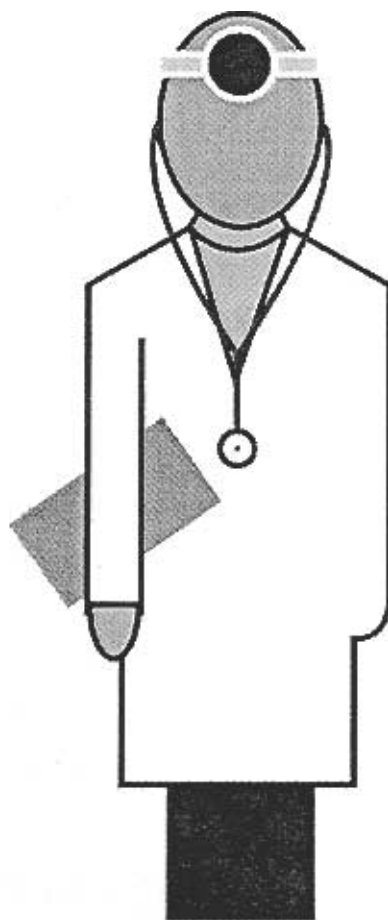
Walled Lake Office
1010 E West Maple Road
Walled Lake, MI 48390



www.co.oakland.mi.us/health

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State and federal eligibility requirements
apply for certain programs.*

WCHP MAC ZIP Disk #1 • 01-03



ABOUT YOUR BLOOD PRESSURE



Question:

Which of the following can cause your blood pressure to go up?

- Family History
- Alcohol
- Race
- Lack of Exercise
- Gender
- Smoking
- Age
- Stress
- Weight
- Medications
- Salt (sodium)
- Dietary Fat
- Less than 4 servings of fruits and vegetables per day

Answer:

All of the above can cause your blood pressure to go up.

You can't change your family history, race, age, or gender. But you **can** make changes that may lower your blood pressure.

Weight

High blood pressure is twice as common among those who are overweight. The heart has to work harder to carry the extra pounds. If your doctor tells you to lose some weight, it is worth the effort. Losing as little as 10 pounds can lower your blood pressure. Avoid trendy or crash diets; they harm your body.

Salt

Sodium is part of table salt (sodium chloride) that may affect blood pressure. In some people, salt holds extra fluid in the body. When this happens, the heart has to work harder to pump the blood around and the blood pressure may rise.

There are two ways to cut down on your sodium intake.

One, eat more fresh foods and less processed foods. High amounts of sodium can be found in canned foods, frozen dinners, sausages, lunch meats, snack foods and fast food restaurants. Look at the Nutrition Facts food label. Foods with 500 mg of sodium (or more) should be eaten only once or twice per week.

Two, use less salt in cooking and at the table. Try lemon juice, herbs and spices for seasonings. Reduce salt gradually - start using 1/2 tsp in place of 1 tsp called for in recipes.

Also, some over the counter drugs are high in sodium. Read the labels on products you buy.

DASH Diet

Dietary Approaches to Stop Hypertension

A diet low in fat and rich in fruits, vegetables, and lowfat dairy foods can lower blood pressure as much as medications in some people.

Based on 2,000 calories a day, the DASH diet contains:

8 servings of grains/day (1 slice bread, 1/2 cup dry cereal, 1/2 cup cooked rice, pasta or cereal)

9 servings of fruits and vegetables/day (3/4 cup fruit or vegetable juice, 1 medium fruit, 1 cup raw, leafy vegetable; 1/2 cup fresh, frozen, canned fruit or vegetable)

3 servings lowfat dairy/day (1 cup 1%, 1/2% or skim milk, 1 cup lowfat yogurt, 1 1/2 ounce lowfat or nonfat cheese)

2 servings (6 ounces) meat, poultry, fish/day (3 ounce broiled or roasted lean meat, skinless poultry or fish)

2-3 servings fats, oils, salad dressings (1 tsp oil or soft margarine, 1 tsp regular mayo, 1 T regular salad dressing)

4-5 servings nuts, seeds, beans/week (1/2 cup cooked beans, 1/3 cup nuts, 2 T sunflower seeds)

5 servings snacks or sweets/week (1 medium fruit, 1 cup yogurt, 3/4 cup pretzels, 1/2 cup jello, 15 jelly beans, 1 T syrup, jelly, jam)

By eating the DASH way, you can lower your blood pressure as well as get the added benefits of lowering your risk of cancer and heart disease.

Alcohol

People who have 2 or more alcoholic drinks each day are more likely to have high blood pressure than people who drink less. (One "drink" is 1 ounce of whiskey or 4 ounces of wine or 12 ounces of beer.) Cutting down on drinking may lower your blood pressure. Alcoholic beverages do not have a food value. If you are overweight, alcoholic beverages are the first place to cut out calories.

Exercise

Regular exercise helps control weight and may lower blood pressure. The right type and amount of exercise can improve circulation and strengthen your heart.

The American Heart Association recommends walking to build a strong heart and tone the whole body. People who already have high blood pressure can usually lower it by walking briskly for 30 to 45 minutes 3 to 5 times a week.

Weight lifting helps strengthen and enlarge muscles, but does not help build a strong heart and may actually raise blood pressure. People with high blood pressure who are starting an exercise program should do so gradually and talk with their doctor.

Smoking

Smoking doubles the risk for coronary artery disease and sudden death. Smoking can reduce the effectiveness of drugs prescribed to lower blood pressure. You can reduce your chances of developing heart problems and lung disease if you quit smoking.

Stress

The role of stress in high blood pressure is not clear. Stress is a fact of life. People's stress levels vary with the amount of stressful events that happen to them and how they cope with them.

Learning to relax is very important. Plan "quiet periods" throughout your day. Hobbies and exercise are good stress reducers. Other relaxation methods such as yoga and meditation can be helpful.

Most doctors agree that relaxation methods and stress management are only one part of a complete approach to lowering blood pressure.

Medications

Several medications may either raise blood pressure or interfere with the action of high blood pressure medicines. These include birth control pills, steroids, asthma, anti-inflammatory agents, nasal decongestants, some allergy pills, diet pills and certain kinds of antidepressants. If you use any of these medicines, talk with your doctor.

It's Your Choice

If your blood pressure is high, consider making some changes in your life. Decide if any of the following changes can help you.

- Lose weight
- Exercise
- Limit Salt
- Drink less alcohol
- Take prescription medication
- Consult with your doctor

Success Alert!

- New habits need about 6 weeks to replace the strong, old ones.
- Make small, specific changes.
- Make one change at a time.

For programs in your area that help with weight loss, exercise, nutrition, quitting smoking and handling stress, call your County Health Department or local hospital community education department.