



Heritage Medical Group, LLP

Listening, caring, leading.

Taking Control of Your High Blood Pressure

High Blood Pressure

As a result of at least one elevated blood pressure reading in our office, we are concerned that you may have high blood pressure. Or, you may already know that you have hypertension (the medical term for high blood pressure). At least 50 million Americans have high blood pressure, and many of those do not even know that they have the problem because it is often a “silent disease” until medical problems develop.

High blood pressure can be the cause of several serious medical problems including:

- Heart attack
- Heart failure
- Stroke
- Kidney failure

Our goal is to help you control your high blood pressure in order to reduce your risk of each of these other problems. Treatment involves your daily and active participation. Without your help we cannot treat this condition.

Blood Pressure goals are as follows:

Ideal	115/75
Healthy	<120/80
Pre-hypertension	<u>120-139</u> 80-89
Hypertension	>140/90

The Role of Diet in the Treatment of High Blood Pressure

For many years patients have been encouraged to reduce their salt intake as a means of reducing blood pressure. Newer information is now available called the DASH (Dietary Approaches to Stop Hypertension) diet. This diet encourages not only reducing common table salt in the diet, but also increasing the amounts of fruits, vegetables, and low-fat dairy products. Results of studies on this diet showed benefits not only of lowering blood pressure but also of lowering the risk of osteoporosis and of lowering cholesterol and fat in the blood.

The DASH diet encourages:

- 7 to 8 servings of whole grains and grain products daily,
- 4 to 5 servings each of fruits and vegetables daily,
- 2 to 3 servings of low-fat or nonfat dairy products daily,
- no more than 2 servings of meat, poultry, or fish daily, and
- 3 to 4 servings of nuts, seeds, or legumes per week.

Ask us if you need more details on the diet, or visit www.mayohealth.org on line to get more information on this topic.



Life Style Habits

How you conduct your daily life impacts on your health — now and in years to come. Here are some tips for good health and for blood pressure control.

Weight Control

- We have known for some time that being overweight raises the blood pressure. By losing weight, you can lower your blood pressure and reduce the risk of other problems — and, you may be able to take less medication.

No Smoking

- The evidence here is overwhelming that smoking raises the blood pressure and has other negative effects on the health of your heart and blood vessels. Stop, please!

Exercise

- A routine of 30 to 45 minutes four times a week will help to lower your blood pressure and improve the health of your heart. Just do it!

Relaxation

- Time spent in quiet reflection, meditation, or prayer can also improve health.

High Blood Pressure Monitoring

Another important part of controlling your blood pressure is home monitoring. We see you only every 3 to 6 months to evaluate your blood pressure. Keeping an eye on your condition in between visits can be a great help. We recommend you invest in a home blood pressure monitor to check your blood pressure once or twice a week and keep a record of these readings to bring to your office visits. In addition, you should bring your home blood pressure monitor with you for us to check it with our office equipment to verify its accuracy. You should also bring your blood pressure medications to your office visits to review with us what you are taking. Below is a listing of some devices for home use that we recommend. This is an initial expense for the equipment, and you may want to check to see if your medical insurance company will pay part of the cost. We can check your blood pressure periodically in the office between your visits, but there will be a charge for that service.

Recommended Home Blood Pressure Monitors

The following are some models of home blood pressure devices that we recommend for your home use. These are available at most local pharmacies. We encourage you to shop around as prices for the same models vary among the different stores. The manual inflating monitors cost about \$40.00 while the automatic monitors range between \$50.00 and \$90.00. Consumer Reports Magazine® did a review of blood pressure cuffs in 2003. The top rated cuffs were made by Omron, the 711AC and the 712CLC. Their “best buy” was the Reli-On 741-CREL, a monitor made by the Omron company sold at Wal-Mart, which is a more economical choice. If these specific models are not available, you should be able to find something comparable. Wrist cuffs are not recommended as they are somewhat less accurate.

For More Information

Hypertension: <http://www.nlm.nih.gov/medlineplus/ency/article/000468.htm>

DASH diet: http://www.nhlbi.nih.gov/health/public/heart/hbp/dash/new_dash.pdf

