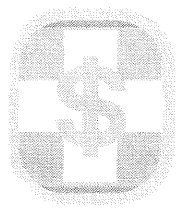


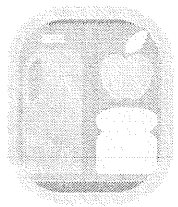


# CONTROLLING High Blood Pressure



## What is hypertension?

Hypertension, often called high blood pressure, occurs when blood moving through your arteries places too much force against the artery walls. A person is told they have high blood pressure if their blood pressure readings are repeatedly above normal for a long time. A high blood pressure reading is greater than or equal to 140/90 (read "140 over 90"). About 24% of people in the United States have high blood pressure.



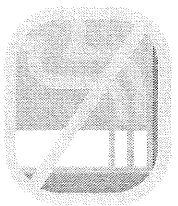
## How does it occur?

In 90 to 95% of cases, the cause of high blood pressure is unknown.

In 5 to 10% of cases, high blood pressure is a symptom of some other health problem.

Some people are at greater risk than others for having high blood pressure. Risk factors include:

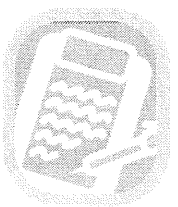
- Heredity
- Obesity
- Sensitivity to sodium
- Alcohol consumption
- Smoking
- Stress
- Age
- Sex
- Sedentary lifestyles
- Oral contraceptives



## What are the symptoms?

High blood pressure most often has no symptoms; it is a "silent" disease. It can go without being found until it has caused some damage to the body. The following symptoms may be produced by extremely high blood pressure, but they also frequently occur for other reasons.

- Feeling tired
- Blurred vision
- Feeling dizzy
- A nosebleed
- Morning headache at the back of the head



## How is it treated?

Treatment for high blood pressure may include:

- **Taking your blood pressure at home.** Keeping track of your blood pressure at home helps your doctor to measure how severe your high blood pressure is and if treatment is needed/working.
- **Office visits** are needed so that your doctor can measure your blood pressure, adjust your treatment as needed, and check for side effects from your blood pressure pills.
- **Oral medication.** There are a wide variety of pills available to treat high blood pressure. It is very important to take the pills your doctor orders on time and on a routine schedule. Some of these pills include:
  - **Diuretics** (water pills) are often the first choice. They help the body get rid of excess water and salt.



• **Beta-Blockers** are pills that cause the heart to beat more slowly and relax blood vessels. **ACE Inhibitors, Calcium Channel Blockers, Angiotensin Receptor Blockers, and Alpha Blockers** are pills that relax blood vessels.

If you have any unpleasant side-effects, tell your doctor and ask if another medicine can be prescribed. You have lots of choices.

# Controlling High Blood Pressure

## What do your numbers mean?

	<b>Systolic</b> (top number)	<b>Diastolic</b> (lower number)
Optimal	Below 120	Below 80
Pre-hypertensive	120 to 139	80 to 89
High	140 or above	90 or above

## How can I take care of myself now to avoid high blood pressure?

There are several lifestyle changes that you can implement now to help your body keep from developing, reduce, or even eliminate high blood pressure.

- **Stop smoking:** Smoking damages and constricts your blood vessels and is, by itself, a risk factor for stroke and heart disease.
- **Reduce salt (sodium) intake** to less than 2.3 grams per day. People vary in their response to salt intake. Some ways to reduce salt intake are:
  - .... Do not add salt to food at the table
  - .... Reduce or get rid of salt used in cooking
  - .... Limit processed and fast foods
  - .... Read package labels for amount of salt (sodium) in foods
- **Weight loss:** Losing weight, even just 10 pounds, often can decrease blood pressure
- **Exercise:** Exercise is a good way to control weight and reduce anxiety. Thirty minutes to an hour of brisk walking five to six times a week is often helpful to lower your blood pressure and to help with weight control
- **Stress control:** Constant, severe stress causes your heart to work harder and constricts your blood vessels. Doing things that are restful and calming may help you control stress. Learning meditation or relaxation techniques have been found to lower blood pressure. Even 10 minutes a day can help.

- **Reduce alcohol consumption:** Drinking more than one ounce of alcohol a day may increase blood pressure. By comparison, each of the following alcoholic beverages contains one ounce of alcohol by volume:

- .... One glass of 100 proof whiskey (equivalent of 2 ounces)
- .... 2 glasses of wine (equivalent of 8 ounces)
- .... 2 bottles of beer (equivalent of 24 ounces)
- .... **Make sure you get enough calcium** in your diet. Around one third of patients with high blood pressure will improve if they increase their calcium intake.

## High Blood Pressure Health Warnings

You should contact your doctor if you are experiencing any of these symptoms:

- Headaches
- Feeling tired, or confused
- Numbness and tingling in hands and feet
- Coughing up blood or severe nosebleeds
- Shortness of breath
- Chest pain
- Sudden, severe, headache without a certain cause
- Sudden weakness or numbness of the face/arm and/or leg on one side of the body
- Sudden dimness or loss of vision
- Trouble speaking or understanding speech
- Feeling shaky or having a sudden fall

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## Body Mass Index Table

	Normal					Overweight					Obese					Extreme Obesity																				
BMI	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35	36	37	38	39	40	41	42	43	44	45	46	47	48	49	50	51	52	53	54
Height (inches)	Body Weight (pounds)																																			
58	91	96	100	105	110	115	119	124	129	134	138	143	148	153	158	162	167	172	177	181	186	191	196	201	205	210	215	220	224	229	234	239	244	248	253	258
59	94	99	104	109	114	119	124	128	133	138	143	148	153	158	163	168	173	178	183	188	193	198	203	208	212	217	222	227	232	237	242	247	252	257	262	267
60	97	102	107	112	118	123	128	133	138	143	148	153	158	163	168	174	179	184	189	194	199	204	209	215	220	225	230	235	240	245	250	255	261	266	271	276
61	100	106	111	116	122	127	132	137	143	148	153	158	164	169	174	180	185	190	195	201	206	211	217	222	227	232	238	243	248	254	259	264	269	275	280	285
62	104	109	115	120	126	131	136	142	147	153	158	164	169	175	180	186	191	196	202	207	213	218	224	229	235	240	246	251	256	262	267	273	278	284	289	295
63	107	113	118	124	130	135	141	146	152	158	163	169	175	180	186	191	197	203	208	214	220	225	231	237	242	248	254	259	265	270	278	282	287	293	299	304
64	110	116	122	128	134	140	145	151	157	163	169	174	180	186	192	197	204	209	215	221	227	232	238	244	250	256	262	267	273	279	285	291	296	302	308	314
65	114	120	126	132	138	144	150	156	162	168	174	180	186	192	198	204	210	216	222	228	234	240	246	252	258	264	270	276	282	288	294	300	306	312	318	324
66	118	124	130	136	142	148	155	161	167	173	179	186	192	198	204	210	216	223	229	235	241	247	253	260	266	272	278	284	291	297	303	309	315	322	328	334
67	121	127	134	140	146	153	159	166	172	178	185	191	198	204	211	217	223	230	236	242	249	255	261	268	274	280	287	293	299	306	312	319	325	331	338	344
68	125	131	138	144	151	158	164	171	177	184	190	197	203	210	216	223	230	236	243	249	256	262	269	276	282	289	295	302	308	315	322	328	335	341	348	354
69	128	135	142	149	155	162	169	176	182	189	196	203	209	216	223	230	236	243	250	257	263	270	277	284	291	297	304	311	318	324	331	338	345	351	358	365
70	132	139	146	153	160	167	174	181	188	195	202	209	216	222	229	236	243	250	257	264	271	278	285	292	299	306	313	320	327	334	341	348	355	362	369	376
71	136	143	150	157	165	172	179	186	193	200	208	215	222	229	236	243	250	257	265	272	279	286	293	301	308	315	322	329	338	343	351	358	365	372	379	386
72	140	147	154	162	169	177	184	191	199	206	213	221	228	235	242	250	258	265	272	279	287	294	302	309	316	324	331	338	346	353	361	368	375	383	390	397
73	144	151	159	166	174	182	189	197	204	212	219	227	235	242	250	257	265	272	280	288	295	302	310	318	325	333	340	348	355	363	371	378	386	393	401	408
74	148	155	163	171	179	186	194	202	210	218	225	233	241	249	256	264	272	280	287	295	303	311	319	326	334	342	350	358	365	373	381	389	396	404	412	420
75	152	160	168	176	184	192	200	208	216	224	232	240	248	256	264	272	279	287	295	303	311	319	327	335	343	351	359	367	375	383	391	399	407	415	423	431
76	156	164	172	180	189	197	205	213	221	230	238	246	254	263	271	279	287	295	304	312	320	328	336	344	353	361	369	377	385	394	402	410	418	426	435	443

Source: Adapted from *Clinical Guidelines on the Identification, Evaluation, and Treatment of Overweight and Obesity in Adults: The Evidence Report*.

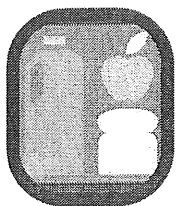
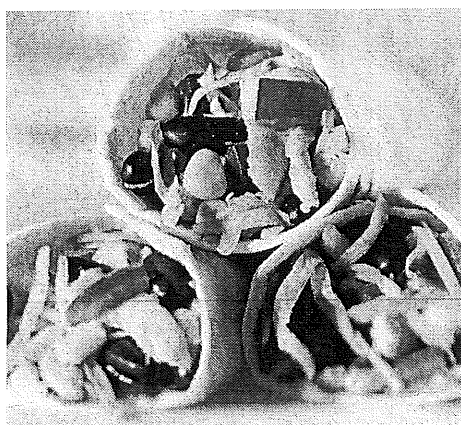


# HEALTHY

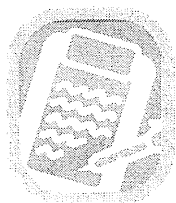
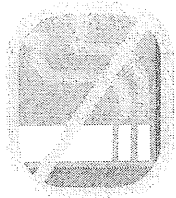
## Snack Ideas



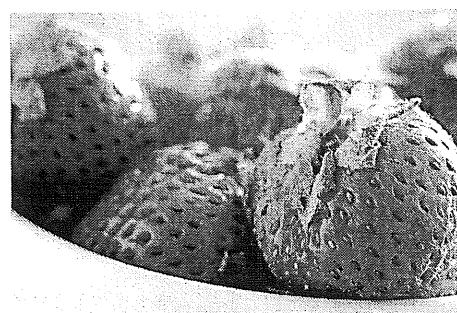
- Whole grain bagel with melted low fat or non-fat cheese
- Baked tortilla chips and salsa
- Cereal (preferably whole-grain) and low-fat or fat free milk
- Homemade trail mix of wheat or bran Chex or cheerios, pretzels, raisins, and nuts



- Whole wheat toast with butter or margarine and jam
- Baby carrots, broccoli, cauliflower, or celery and yogurt-based dip
- Fruit, including fresh, frozen, canned, or ready-to-eat... apples peeled and sliced, oranges cut into sections, cantaloupe and pineapple in bite-sized cubes, or fruit salad
- Fruit shake or smoothie made with frozen fruit and a cup of fat free or low-fat milk or yogurt
- Vegetable soup
- Bean burritos or burrito bites... spread canned fat free refried beans, low-fat cheese, and salsa on a tortilla. Roll up and cut into bite-sized pieces



- Tortilla roll-ups: spread chicken breast strips, salsa, and lettuce on a tortilla. Roll up and cut into bite-sized pieces. Or, leave out the tortilla and roll up the chicken and salsa in the lettuce.
- Yogurt, alone, or as a dip or topping for fresh fruit
- Layer fruit, yogurt and grape-nuts in a glass for a parfait
- Nuts
- Peanut butter on graham crackers
- Peanut butter on sliced apple or celery
- Milkshake made with nonfat or low-fat frozen yogurt
- Sugar-free pudding or Jello cup
- Oatmeal raisin or peanut butter cookies and fat free or low-fat milk
- Zucchini or pumpkin bread
- Low fat Cottage cheese and fruit
- Turkey sandwich on wheat bread
- Granola or cereal bar



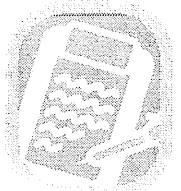
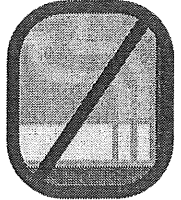
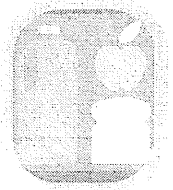
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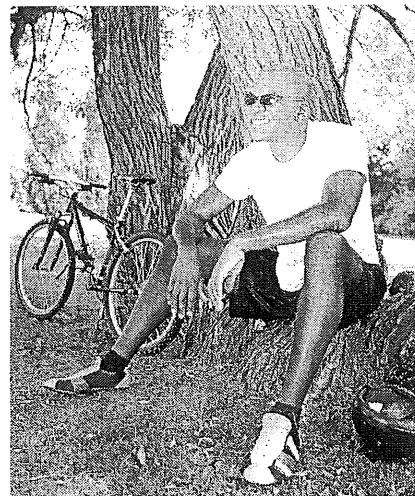
# SMOKING

## The 10-step plan to stop.



- 1. Prepare yourself for quitting.** To convince yourself that you want to quit, make a list of all the reasons why you should.
- 2. Set a target date for quitting.** Make the date sacred: mark it on your calendars at home and at work, and tell it to your family and friends. Above all, don't change it for any reason.
- 3. Begin to condition yourself physically a few weeks before.** Start a simple exercise program; drink more fluids; get plenty of sleep; and improve your diet by reducing the amounts of fat and sugar you eat.
- 4. Make smoking inconvenient.** Only buy cigarettes by the pack; stop buying them by the carton. And don't buy a new pack until the old one is empty. Also, stop carrying cigarettes around with you at home and at work.
- 5. Find alternative ways to relax.** Learn one or two stress reduction techniques before you quit.
- 6. On the day you quit:** Throw away all your cigarettes and matches. Go to the dentist and have your teeth cleaned. Keep very busy – go to the movies, take long walks or engage in some other sort of exercise. Ask your friends and family to help you if the going gets tough. Buy yourself a treat or do something special for yourself to celebrate your quit date.
- 7. Immediately after you quit:** Develop a clean, fresh nonsmoking environment at home and at work; have your clothes cleaned, for example, and your rug shampooed. Drink lots of water and juice and avoid alcohol and caffeine.
- 8. Avoid temptation.** For the first month after you quit, participate in lots of healthful, outdoor activities; visit lots of museums, libraries, theaters, and public places where smoking is not allowed.
- 9. Find new habits.** If you miss having something in your hand play with a pencil or a marble.
- 10. If you feel the need, get some help.** Ask your physician about various treatments that might help you stop smoking, such as taking oral medication or using nicotine patches. You may contact any of the following associations for helpful information and counseling:
  - .... The National Cancer Institute,  
1-800-4-CANCER
  - .... American Cancer Society, MO – 842-7111  
KS – 432-3277
  - .... American Heart Association, 648-6727
  - .... American Lung Association, 842-5242

If you fail in your attempt to stop smoking, don't be discouraged – Try again. Smokers, who successfully quit smoking for good, make an average of four serious attempts to quit before being successful. The more unsuccessful attempts you make, the more likely that the next time will work.



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## CHOLESTEROL

**Cholesterol** is a fat-like substance that travels in the blood. When there is too much cholesterol in the blood, it starts to build up on the walls of the arteries. Over time this leads to both hardening of the arteries and to a buildup of plaque. This can reduce normal blood flow, most dangerously in the arteries of the heart, brain and kidneys, and cause serious health risks.

**LDL is the “Bad” cholesterol.** It is the main source of cholesterol buildup in the blood vessels, which can slow down or block blood flow possibly causing a heart attack or stroke.

**HDL is the “Good” cholesterol.** It helps to protect the vascular system by removing some of the LDL fat from your blood vessels thereby lowering your chances of having a heart attack or stroke.

### Simple Steps for a Healthier Lifestyle:

- Aerobic Exercise (walking is good) that increases your heart rate for 20 to 30 minutes, done regularly 3 to 4 times a week may help to raise the good HDL.
- Watch your weight. Extra weight may raise your LDL and Total Cholesterol.
- Avoid tobacco (it lowers the good HDL)
- If you drink alcohol, do so in moderation.
- Eat fewer high fat foods. Eat a wide variety of foods low in saturated fats and cholesterol. Cholesterol-rich foods as well as foods high in saturated fats increase harmful LDL cholesterol.
- Limit use of red meats and be sure any meat you eat is lean and without visible fat or marbling.
- Broil, or bake meat fish and poultry. Cook poultry without the skin. Avoid frying foods.
- Limit intake of high cholesterol, high fat foods such as red meat, bacon, sausage, hamburgers, liver, brain, kidney, luncheon meats, and whole eggs.
- Drink skim milk instead of whole milk.
- To help decrease bad LDL cholesterol levels increase your intake of Polyunsaturated fats such as safflower oil, sunflower oil and especially omega-3 oil or Monounsaturated fats such as olive oil, peanut oil and canola oil. Cook and bake with these oils.
- Avoid coconut oil, palm oil and cocoa butter as they are very high in cholesterol.
- Eat cold water fatty fish such as herring, salmon, mackerel, lake trout, albacore tuna, cat fish, cod and sardines as they are rich in Omega-3 oil (a fat that can lower your risk of heart disease).
- Eat lots of soluble fiber including oat bran, oatmeal, barley, and other grains, and beans (legumes)
- Eat lots of fruits, vegetables and whole grains.
- Eat nuts in moderation especially almonds, pecans and walnuts as they are rich in monounsaturated fats. Nuts are to be eaten in moderation as they are also high in calories.
- Eat seeds such as flaxseed, sunflower.
- Buy only tub or soft margarine. (Avoid butter, vegetable shortening and lard)
- Avoid foods with trans fats as they will raise your bad LDL and Total Cholesterol. Trans fat may be listed on the food label as partially hydrogenated oils. Be aware that partially hydrogenated oils can be found in some margarines and many commercially baked goods, cookies and snacks.
- Learn to read the food labels to limit your consumption of saturated fats, cholesterol, partially hydrogenated vegetable oils, calories and sodium; and to increase your intake of fiber.
- Limit your intake of most dairy products, including whole milk (use skim milk), butter, cheeses, sour cream and non-dairy cream substitutes.
- Avoid fried foods, such as french fries and onion rings and fried, high fat snack foods including chips and cheese puffs, also avoid most candy bars, ice cream, doughnuts and pastries.
- Limit your intake of shellfish

\*When needed, medication can keep your blood fats within an acceptable range.