

SINAI HEALTH LINK

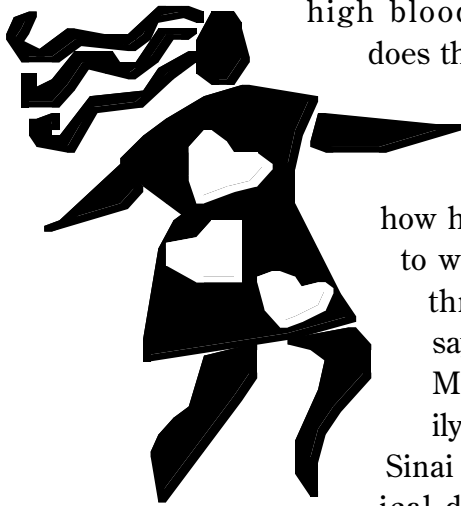
is produced by the Public Affairs
Department of Sinai Health System,
California Avenue at 15th Street, Chicago, IL 60608

HEALTHLINK

1-888-AT-SINAI (1-888-287-4624)

WIN THE FIGHT AGAINST HIGH BLOOD PRESSURE

You feel fine. But your doctor says you have high blood pressure. Or maybe your mother or uncle has a problem with high blood pressure. What does this mean? How dangerous is it?



“Your blood pressure shows how hard your heart has to work to pump blood through your body,” says Dan Mukundan, MD, chairman of family medicine at Mount Sinai Hospital and medical director of Access Community Health

Network. “High blood pressure means your heart is working too hard. That’s no problem for a short period of time. In fact, blood pressure naturally goes up when you’re climbing stairs or running for a bus. But if it’s high all the time, it can cause wear and tear on the body. It can lead to a stroke, heart attack or kidney failure.”

According to Dr. Mukundan, millions of American adults – one out of four people – have high blood pressure. Those who already know they have this condition are the lucky ones. High blood pressure cannot be cured, but it can be controlled, Dr. Mukundan says.

To control your blood pressure, Dr. Mukundan recommends a healthier way of life:

- Try to trim down if you are overweight. Eat smaller portions and buy foods with less salt, sodium and fat.



- Be more active. That doesn’t mean you need to join a health club or buy fancy equipment. Take a walk three or four times a week. Or go dancing. If you can’t leave the house, take twenty minutes a day to climb up and down stairs.

- Quit smoking. Don’t give up trying until you succeed. And cut down on alcohol.

- Keep appointments with your doctor, even if you’re feeling fine.

- Follow your doctor’s orders when taking medicine. Find out what you can eat and drink with your medicine and how long to wait before or after a meal to take it. Ask what other drugs should not be taken and what to do if you run out of medicine or forget to take a dose. If you have side effects, call your doctor.

Learning you have high blood pressure is a wake-up call, Dr. Mukundan says. Listen to it. Let it be the beginning of a healthier way of life for many years to come.

IF YOU HAVE A FAMILY HISTORY OF HIGH BLOOD PRESSURE OR THINK YOU MAY BE AT RISK, SEE YOUR FAMILY DOCTOR OR CALL 1-888-AT-SINAI TO SEE A SINAI DOCTOR.

Ask your Sinai doctor

Q. I cook for my entire family, including teenagers. How can I use less salt and fat and still serve tasty meals?

A. Many products you already buy come in low-salt or low-fat versions. You also can read food labels to choose brands with less salt or fat. Avoid brands with the words “fat,” “salt” or “sodium” near the top of the ingredient list. Buy fresh food instead of canned or frozen. And try spices instead of salt in your cooking.

For information on Sinai health and community services, call 1-888-AT-SINAI (1-888-287-4624).

Facts about high blood pressure:



- High blood pressure usually has no symptoms.
- People with high blood pressure are three times more likely to develop heart disease, six times more likely to have a heart attack, and seven times more likely to have a stroke.
- The cause of high blood pressure is unknown in most cases. The condition tends to run in families. And the chances for developing high blood pressure increase with age.

Healthy living tip

Have a family member or friend go with you to the doctor. That person can help you remember all the advice and instructions. If you do not shop or prepare your meals at home, talk to the person who does. A healthy diet is important to controlling your high blood pressure.

Hot 'n' Spicy Seasoning

(from the National Institutes of Health)



- 1/4 cup paprika
- 2 tablespoons oregano
- 2 teaspoons chili powder
- 1 teaspoon garlic powder
- 1 teaspoon black pepper
- 1/2 teaspoon red pepper
- 1/2 teaspoon dry mustard

Mix in a bowl. Store in an airtight container.

Tastes good on meat, poultry or fish. Sprinkle on food instead of salt and cook as you usually do. Or mix with plain bread crumbs and coat the meat with the crumbs.