



Positive Pulse Wellness Newsletter

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"Promote and protect the wellness of our community through education, programs, and services".

National Women's Check-Up Day

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May is here and that brings us Mother's Day. Another very important day in May is National Women's Check-Up Day which is May 12th. It's time to take charge of your health! Schedule an appointment with your health care provider to discuss what screenings and exams you need and when you need them.

You may be wondering why are check-ups so important?

Regular health exams and tests can help find problems before they start. They also can help find problems early, when your chances for treatment and cure are better. By getting the right

health services, screenings, and treatments, you are taking steps that help your chances for living a longer, healthier life. Your age, health and family history, lifestyle choices (i.e. what you eat, how active you are, whether you smoke), and other important factors impact what and how often you need healthcare.



Health services recommended to have checked include:

- Cholesterol
- Colorectal screening
- High blood pressure
- Immunization schedules
- Oral health
- Skin cancer
- Breast/Cervical cancer screenings.

Special points of interest:

- * May 2015 Monthly Challenge Options: Get your blood pressured checked at WCDHD once the first week and once the last week of May 2015; Try exercising outdoors for at least 3 times weekly for 30 minutes for the month of May 2015.

High Blood Pressure

High blood pressure is a common and dangerous condition. Blood pressure is the force of blood pushing against the walls of your arteries, which carry blood from your heart to other parts of your body. Having

high blood pressure is a common and dangerous condition. The pressure of the blood in your blood vessels is **higher than it should be**. High blood pressure is called the "silent killer" because it often has no warning signs or

symptoms, and many people do not know they have it. That's why it is important to check your blood pressure regularly.

Measuring Blood Pressure

It is very important to measure your blood pressure regularly.

Blood pressure is measured using two numbers. The first number, called **systolic** blood pressure, measures the pressure in your blood vessels when your heart beats. The second number, called **diastolic** blood pressure, measures the pressure in your blood vessels when your heart rests between beats.

Blood Pressure Levels

Normal

Systolic: less than 120 mmHg

Diastolic: less than 80 mmHg

At Risk (pre-hypertension)

Systolic: 120-139 mmHg

Diastolic: 80-89 mmHg

High

Systolic: 140mmHg or higher

Diastolic: 90 mmHg or higher

Please follow up with your physician if you are in the "At Risk" and/or "High" levels.



Controlling Blood Pressure

There are lifestyle changes that can be made that will help control your blood pressure or your physician may prescribe medications that can help. By controlling your blood pressure, you will lower your risk for the harmful effects of high blood pressure. If you already have high blood pressure, your doctor may prescribe medications and lifestyle changes. Lifestyle changes are just as

important as medications. Follow your doctor's instructions and stay on your medications. Do not stop taking your medications before talking to your doctor or pharmacist.

"Nearly 1 in 3 deaths in the U.S. each year is caused by heart disease and stroke. At least 200,000 of these deaths could have been prevented through changes in health habits."
~CDC~

Making Lifestyle Changes

- **Diet:** Eat a healthy diet that is low in salt (sodium), total fat, saturated fat, and cholesterol; High in fresh fruits and vegetables.
- **Be Active:** Take a brisk 10-minute walk 3X a day, 5 days a week.
- **Do not smoke:** Quit as soon as possible if you do smoke.

High Blood Pressure Signs and Symptoms

High blood pressure is called the "silent killer" because it often has no warning signs or symptoms, and many people do not know they have it.

Rarely, high blood pressure can cause symptoms like headaches or vomiting.

There's only one way to know whether you have high blood pressure or not—have a doctor or other healthcare professional measure it. Measuring your

blood pressure is quick and painless. Please join me and complete your Challenge 1 option for the month of May 2015 and have your blood pressure checked twice this month!!!



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Preventing High Cholesterol: Healthy Living Habits

Physical activity can help maintain a healthy weight and lower cholesterol. By living a healthy lifestyle, you can help keep your cholesterol in a healthy range and lower your risk for heart disease and stroke. A healthy lifestyle includes:

1. **Eating a healthy diet:** Eat less saturated fats found in animal products (cheese, fatty meats, dairy desserts); Stay away from trans fat (fried foods, cookies, cakes); Limit foods high in cholesterol; Choose low-fat milk, cheeses, and yogurt; Eat more foods that are high in fiber (oatmeal, oat bran, beans); Eat a heart healthy diet that includes plenty of fruits and veggies.
2. **Maintain a healthy weight:** Being overweight or obese increases your risk for high cholesterol
3. **Get enough physical activity:** Physical activity can help you maintain a healthy weight and lower your cholesterol and blood pressure levels. For adults, the Surgeon General recommends 2 hours and 30 minutes of moderate-intensity exercise, like brisk walking or bicycling, every week. Children and adolescents should get 1 hour of physical activity every day.
4. **Not smoking:** Cigarette smoking damages your blood vessels, speeds up the hardening of the arteries, and greatly increases your risk for heart disease.
5. **Limit alcohol use:** Avoid drinking too much alcohol which can raise your cholesterol. Men should have no more than 2 drinks per day, and women only 1 drink per day.

Easy Exercises For Couch Potatoes

"Couchersizing" during TV time builds quads, calves, and grip strength, and protects mobility. Try "couchersizing," staying on or near your couch and exercising during commercial breaks.

Sit to stand: Go from sitting to standing to sitting again, 10 times in a row. Rest for a minute, then repeat.

Calf stretch: Sit on the edge of a

couch with your feet flat on the floor. With one leg, keeping your heel on the floor, lift and point the toes toward the ceiling, so that you feel a stretch in your calf muscle. Hold for 30 seconds, then do the same with the other leg, three times per leg.

Stand on one leg: Holding on to the back of a chair for stability, lift one

heel toward your buttocks. Hold for 30-45 seconds, three times per leg. To improve your balance on unsteady surfaces, try this with shoes off on a balled-up beach towel.

Shoulder blade squeeze: Pinch your shoulder blades together, but not up (don't shrug). Hold for 10 seconds, then repeat 10 times.

Brandi's "Clean Eating" Recipe of the Month (Recipe by Autumn Calabrese)

Open-faced Lemon Garlic Egg Sandwich:

Ingredients:

- 1 slice of whole grain toast
- 1 egg (cooked sunny-side up)
- 4 slices of tomato
- 4 slices of avocado
- Sprouts (small handful)
- 1 1/2 tsp lemon garlic sauce

Lemon-Garlic Ingredients:

- 1 egg yolk
- 1 Tbls Dijon mustard
- 2 cloves minced garlic
- 2 Tbls lemon juice
- 1/2 cup olive oil
- 1 Tbls whole grain mustard
- Salt/pepper to taste

Whisk all ingredients together in a bowl.

Toast bread. Spread 1 tsp of lemon garlic sauce across the toast. Layer on the sliced tomato and avocado. Top with egg and place sprouts on top. Drizzle with no more than another 1/2 tsp of lemon garlic sauce. Enjoy!!!



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