

Heart Health



Overview



Frequently used terms and what they mean

Breaking down your BP reading

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Frequently Used Terms

Angina: Chest Pain

Atherosclerosis: Buildup of fatty deposits in the arteries

Congestive Heart Failure: The inability of the heart to adequately pump blood.

Systolic Blood Pressure: The highest force of blood against the walls of the artery when the heart contracts or squeezes blood into the blood vessels. (Top number in BP reading)

Diastolic Blood Pressure: The pressure of blood against the walls of the arteries when the heart relaxes between beats. (Bottom number in BP reading)

Hypertension: High blood pressure

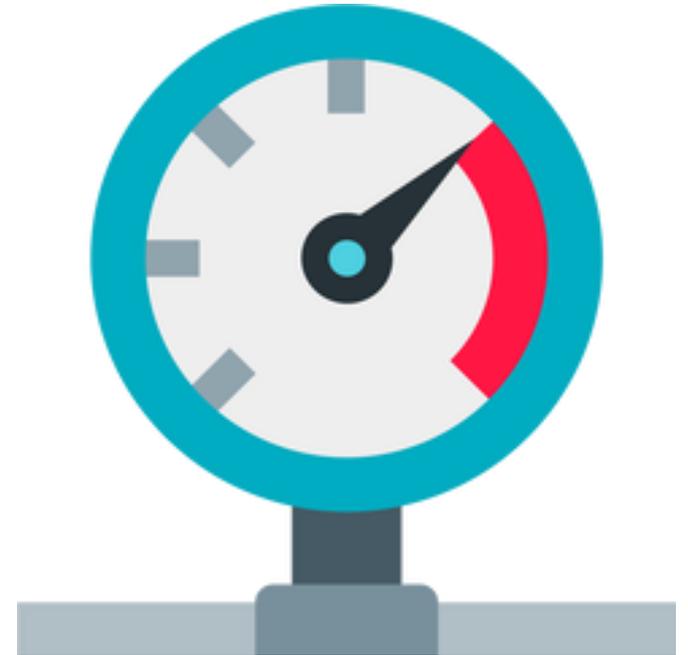
Breaking Down Your Blood Pressure Reading

Systolic blood pressure: When the heart beats.

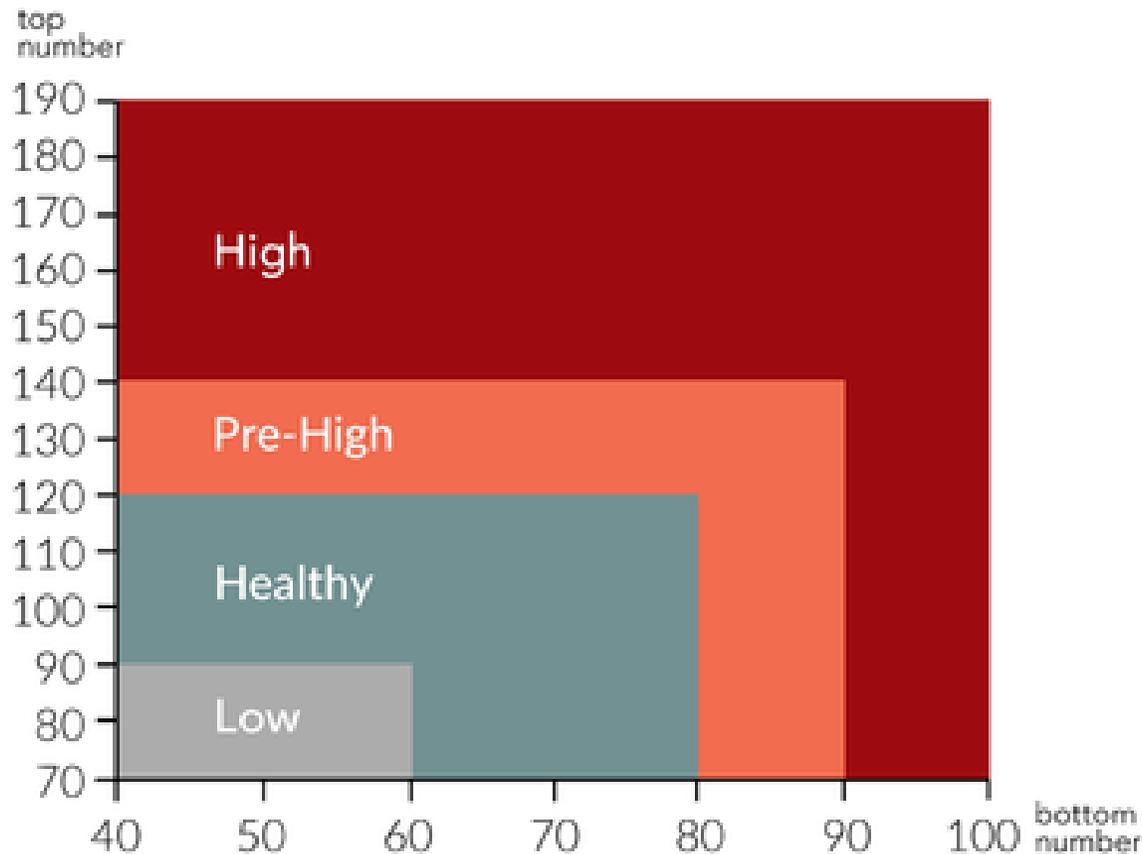
Diastolic blood pressure: When the heart is resting between beats.

Typically, more attention is given to systolic blood pressure (the first number) as a major risk factor for cardiovascular disease for people over 50.

In most people, systolic blood pressure rises steadily with age due to the increasing stiffness of large arteries, long-term buildup of plaque and an increased incidence of cardiac and vascular disease.



Blood Pressure Ranges



Normal

Numbers of less than 120/80 mm Hg are considered within the normal range. If your results fall into this category, stick with heart-healthy habits like following a balanced diet and getting regular exercise.

Elevated

When readings consistently range from 120-129 systolic and less than 80 mm Hg diastolic. People with elevated blood pressure are likely to develop high blood pressure unless steps are taken to control the condition.

Hypertension

RISK FACTORS

- Age
- Race
- Family History
- Weight
- Poor diet
- High Stress Levels
- Lack of physical activity
- Alcohol and Tobacco use

SYMPTOMS

- Some may report a "pounding" sensation in their head and/or chest
- Shortness of breath
- Dizziness or visual changes
- Many individuals with hypertension show no signs of symptoms

Managing Blood Pressure

Lifestyle factors play a large role in managing a healthy blood pressure!



Regular exercise

Monitor your saturated fat intake

Limit salt

Maintain a healthy weight

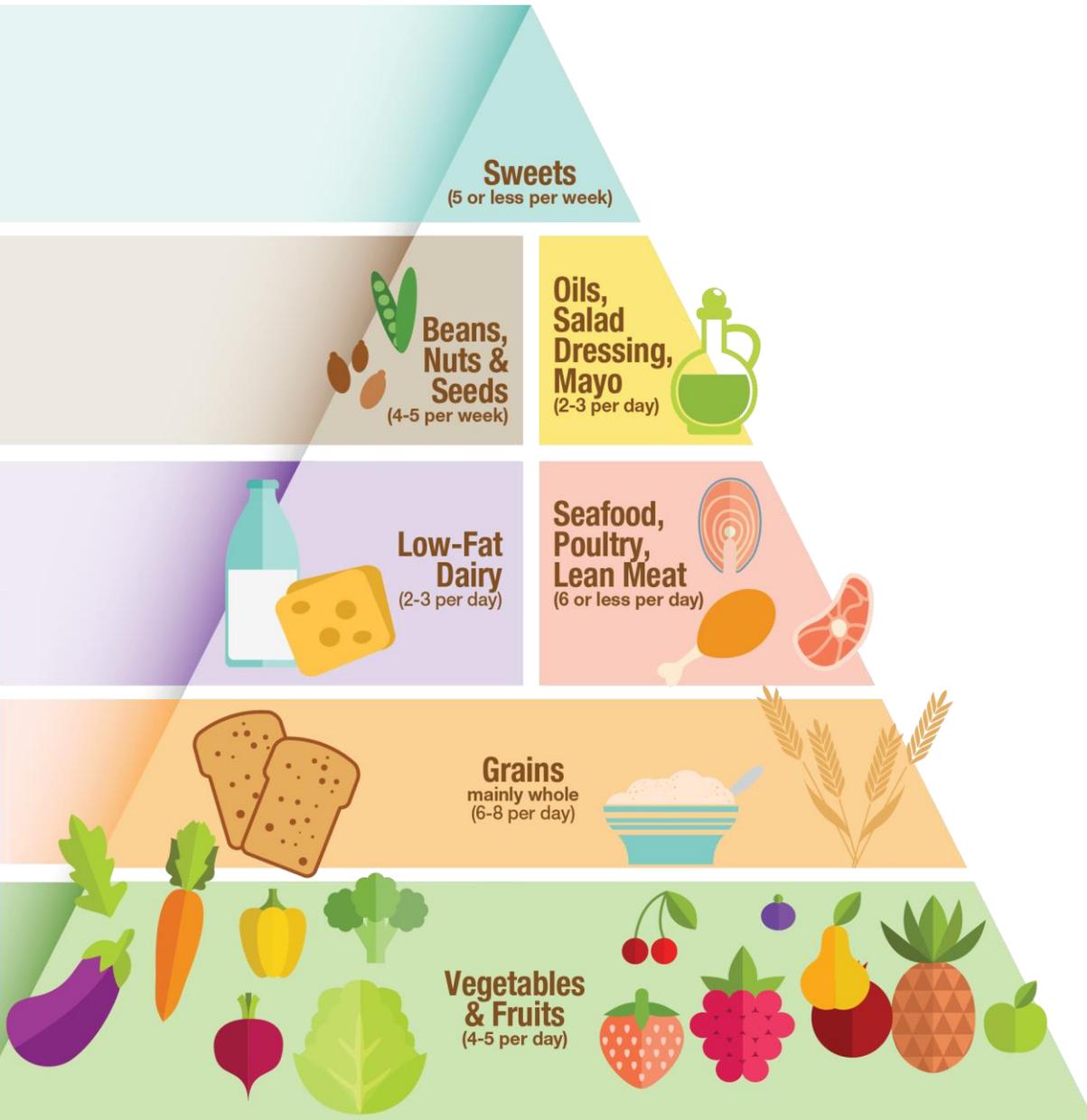
Eat heart healthy foods

Check your BP regularly

Manage stress

DASH PYRAMID

Based on a 2,000 calorie diet



The DASH Diet

Dietary Approaches to Stop Hypertension

A lifelong approach to healthy eating that is designed to help lower blood pressure.

Emphasizes fruits and vegetables while containing some lean protein sources like chicken, fish and beans.

The diet is low in red meat, salt, added sugars and fat

Monitoring Your BP at Home

- Avoid caffeine, alcohol, tobacco, and exercise for at least 30 minutes before measuring your blood pressure.
- Sit with your feet flat on the floor, rest your back against the chair, and place your arm on a table or other flat surface.
- After sitting quietly for five minutes, wrap the cuff snugly around the upper part of your bare arm. The center of the cuff should sit over your artery (some blood pressure monitors have an arrow to help you with placement).

Questions?