

# LINCOLN COMMUNITY HEALTH CENTER HYPERTENSION EDUCATION PROGRAM



**My Lincoln Primary Care Provider (PCP):** \_\_\_\_\_

**My Pharmacy:** \_\_\_\_\_

**To make or change an appointment:** Call 919-956-4034.

**To get Text Reminders about appointments:** Text LCHC to 622622.

**Prescriptions:** When you need refills, please call your pharmacy (phone number is on your medication bottle) and follow the prompts. *If you use the Lincoln pharmacy, the number to call is 919-956-4159.*

**Urgent Concerns after hours:** If you have an urgent concern or question after hours, you may ask to have the “Lincoln On Call Provider” paged by calling 919-956-4000. This service is only for Lincoln patients.

## **Questions:**

You can always send your provider questions and concerns via **MyChart** (dukemychart.org). If you need help signing up, call MyChart Customer Service: 919-620-4555 or 800-782-6945 Monday-Friday between 8:00A-5:00P (except closes at 4:00PM Thursdays).



## What is Blood Pressure?

Blood pressure is the force of your blood moving against the walls of your arteries. It's expressed as **TWO NUMBERS**:

**TOP NUMBER**  
The pressure or force in the arteries when the heart beats

**Systolic**  
(mm Hg)

**Diastolic**  
(mm Hg)

**BOTTOM NUMBER**  
The pressure measured between heart beats

KNOW WHAT YOUR BP NUMBERS MEAN:		
NORMAL	ELEVATED	HIGH
below 120	120 to 139	140 & above
below 80	80 to 89	90 & above
	also called <i>Prehypertension</i>	also called <i>Hypertension</i>

Over time, elevated and high blood pressure can weaken your heart, blood vessels and kidneys, and makes a stroke or heart attack much more likely.

## 8 Lifestyle Changes for Lower Blood Pressure

**1 Get Moving**  
with regular physical activity.



**6 Lose Weight**  
Losing just 10 pounds can make a big difference.



**2 Focus on Nutrition**  
by making healthy food choices and minding your portion sizes.

**3 Cut the Salt**  
Read food labels and aim for 1,500 mg of sodium or less per day.

**4 Take Your Meds**  
If you are prescribed medicine for high blood pressure, take it every day.



**7 Cut Back Alcohol/Don't Smoke**  
For men, not more than two drinks a day; for women, one. If you smoke, stop.

**5 Check Your Blood Pressure**  
as often as your doctor recommends.

**8 De-stress and Sleep Well**  
Relaxation can lower blood pressure, and quality sleep ups your energy.







American Heart Association.

Healthy for Good™

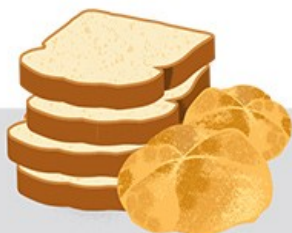
# DID YOU KNOW?

**These six popular foods can add high levels of sodium to your diet.**

As part of a healthy dietary pattern that emphasizes the intake of vegetables, fruits, nuts, whole grains, lean vegetable or animal protein, and fish and minimizes the intake of trans fats, red meat and processed red meats, refined carbohydrates, and sugary drinks, the American Heart Association recommends 2,300 milligrams (mgs) or less a day of sodium.\*



**Daily suggested sodium referenced below is based on 2,300 mgs/day recommendation:**



## BREADS & ROLLS

Some foods that you might eat throughout the day, such as bread, can add up to a lot of sodium even though each serving may not seem high in sodium.

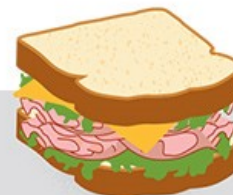
1



## PIZZA

A slice pepperoni pizza can contain almost a third of your daily recommended dietary sodium. Try swapping in veggies to your next slice.

2



## SANDWICHES

A sandwich or burger from a fast food restaurant can contain more than 100 percent of your daily suggested dietary sodium. Try half a sandwich with a side salad instead.

3



## COLD CUTS & CURED MEATS

One 2 oz. serving, or 6 thin slices, of deli meat can contain as much as a third of your daily recommended dietary sodium. Build a sandwich with fresh vegetables such as lettuce, tomatoes, avocados, and bell peppers.

4



## SOUP

Sodium in one cup of canned soup of the same variety can range from 49 to 830 milligrams — more than a third of your daily recommended intake. Check the labels to find lower sodium varieties.

5



## BURRITOS & TACOS

Taco toppings and burrito fillings can pack a big sodium punch. Choose burritos and tacos that are full of veggies and lean sources of protein.

6



Compare labels whenever possible and choose options with the lower amounts of added sugars, sodium and saturated fat and no trans fat and look out for the Heart-Check mark, a simple tool to help you eat smart. When you see it, you can be confident that a product aligns with the American Heart Association's recommendations for an overall healthy eating pattern, including sodium.

\*Also, remember serving size makes a difference. Eating double the serving size means you are eating double the sodium. 1,500 mg/d for those who are sensitive to sodium and /or at high risk for hypertension.

# CONSEQUENCES

## of High Blood Pressure



Check.  
Change.  
Control.

High blood pressure is often the first domino in a chain or “**domino effect**” leading to devastating consequences, like:



### STROKE

HBP can cause blood vessels in the brain to burst or clog more easily.



### VISION LOSS

HBP can strain the vessels in the eyes.



### HEART FAILURE

HBP can cause the heart to enlarge and fail to supply blood to the body.



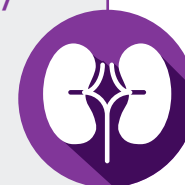
### HEART ATTACK

HBP damages arteries that can become blocked.



### SEXUAL DYSFUNCTION

This can be erectile dysfunction in men or lower libido in women.



### KIDNEY DISEASE/ FAILURE

HBP can damage the arteries around the kidneys and interfere with their ability to effectively filter blood.

A simple **blood pressure check** is the first step to preventing the “domino effect.”

Learn more at [heart.org/hbp](http://heart.org/hbp).

# HOW TO MEASURE YOUR BLOOD PRESSURE

## 1. PREPARE

For the best results, follow the recommendations below.

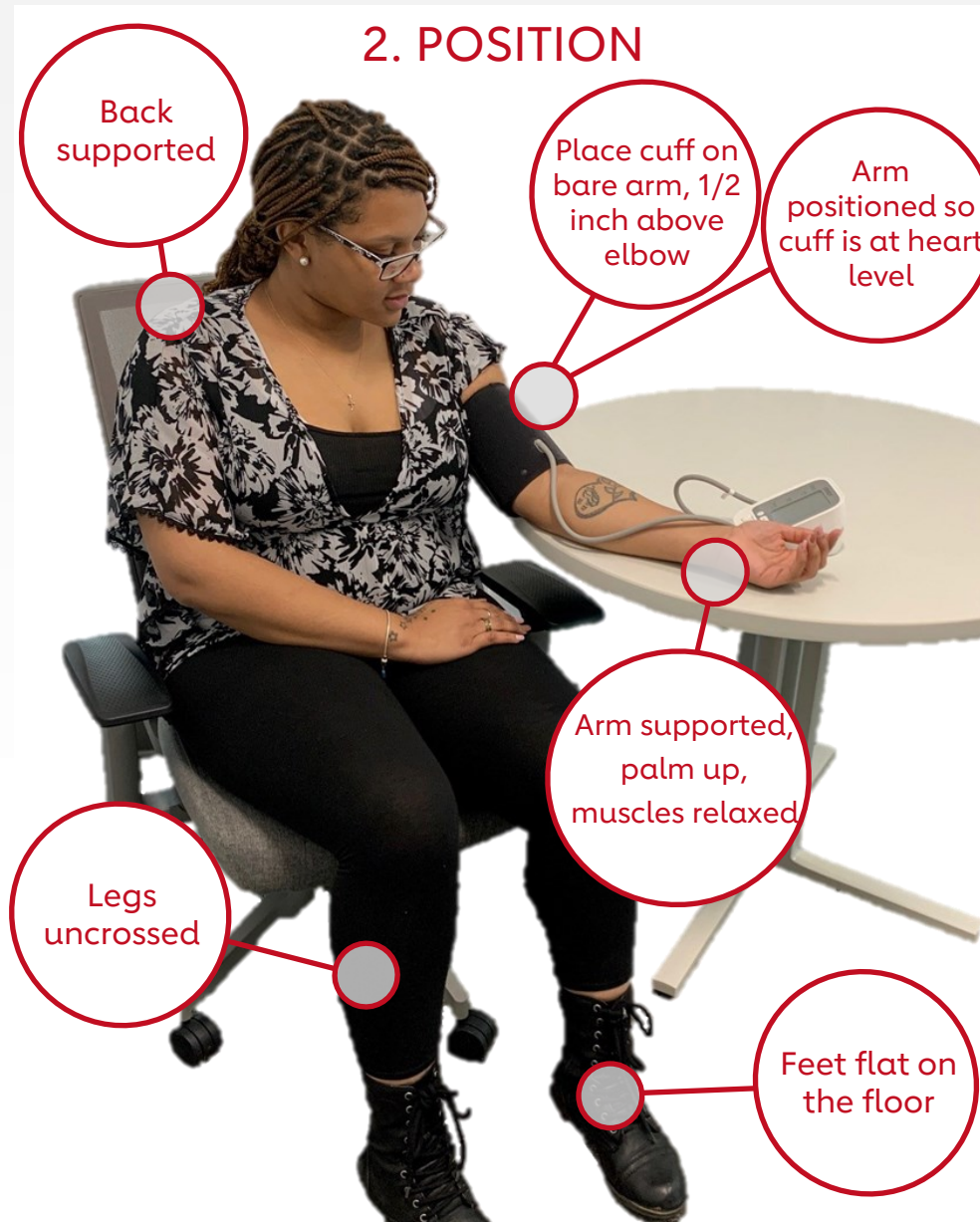
Avoid caffeine, cigarettes and alcohol 30 minutes before you measure your blood pressure.

Wait at least 30 minutes after a meal.

Empty your bladder beforehand.

Find a quiet space where you can sit comfortably without distraction.

## 2. POSITION



## 3. MEASURE

Rest for five minutes in position before starting.

Take two or three measurements, one minute apart.

Keep your body relaxed and in position during measurements.

Sit quietly with no distractions—avoid conversations, TV, phones.

Record your measurements when finished.



Name \_\_\_\_\_ Date of Birth \_\_\_\_\_ Doctor/Provider \_\_\_\_\_



## INSTRUCTIONS

- Measure your blood pressure twice a day—morning and evening—at about the same times every day, 1 or 2 minutes apart.
- For best results, sit comfortably with both feet on the floor for at least 2 minutes before taking a measurement.
- When you check your blood pressure (BP), rest your arm on a table so the blood pressure cuff is at about the same height as your heart.
- Record your blood pressures on this sheet and show it to your doctor at visits!

## MY BLOOD PRESSURE LOG

[illegible]

Name \_\_\_\_\_ Date of Birth \_\_\_\_\_ Doctor/Provider \_\_\_\_\_

DATE	MORNING			EVENING		
	TIME OF READING	READING 1	READING 2	TIME OF READING	READING 1	READING 2

Top # (Systolic)	Bottom # (Diastolic)	What do I do with this Blood Pressure (BP) ?
Less than 120	Less than 80	Great! Recheck regularly, keep eating healthy foods!
120-139	80-89	Can you eat more vegetables, eat less sodium or get more exercise? See provider in 3-6 months
140-159	90-99	Changes may be needed. Call your provider to get an appointment in the next 1-3 months. Can you eat more vegetables, eat less sodium, get more exercise?
160-179	100-109	A medication or other change is needed. Check daily and see your provider within the 2-4 weeks.
180+	110+	If you feel <b>well</b> , check again in a few hours and see your provider in next 1-3 days. If you feel unwell (chest pain, headache, vision changes, fatigue), go to the Emergency Department right now.

See your provider if your resting Heart Rate is often above 115 or below 55.