



CCM Newsletter

Hypertension

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REMINDER:
As a member of CCM, the special Chronic Care Management phone number is available for your personal use.

Hypertension

WHAT IS IT?

Hypertension is the medical term for high blood pressure. It consists of the systolic measurement on top and the diastolic measurement on bottom; for example 110/60. Blood pressure is considered to be high when it is more than 130/80 at rest and when calm. Let us know of any blood pressures that are *consistently and persistently* more than 130/80.

Effects of Uncontrolled Hypertension

- High blood pressure usually does not cause any symptoms.
- Hypertension increases the strain on the heart and arteries.
- It can cause damage to organs.
- Hypertension can increase the risk of stroke, heart failure, heart attack, and kidney failure.



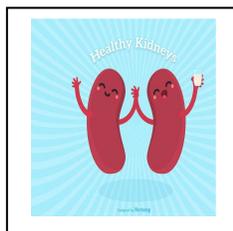
Treatment of Hypertension

Blood pressure is treated by attacking it from all fronts, including **lifestyle** modifications with foods, activity levels, weight management, tobacco cessation, and limiting alcohol intake. An important part of hypertension treatment is adhering to **medications** you are prescribed.



Lifestyle

DIET



- Limit salt/sodium intake to less than 2,000 mg per day by limiting packaged foods like pretzels and chips, pickled foods, cured meats like bacon and salami, any canned foods, cheeses, and soy sauce
- Avoid Black Licorice, it will increase your blood pressure

HEALTHY WEIGHT

- BMI is a reflection of height and weight. A healthy BMI is less than 25. A reliable BMI calculator can be found online at https://www.nhlbi.nih.gov/health/educational/lose_wt/BMI/bmicalc.htm
- In the world of medicine, if your BMI is:
 - 25 to 29.9, you are considered to be in the category of overweight. Because you have more than one chronic health problem, you are at risk for complications
 - 30 TO 34.9, you are considered to have a diagnosis of obesity and are at *moderate* risk for complications
 - 35 to 39.9, you are considered to have a diagnosis of obesity and are at *high* risk for complications
 - 40 or more, you are considered to have a diagnosis of obesity and are at *very high* risk for complications
- You can positively affect your health by getting as close as possible to a BMI of less than 25
- Weight loss can be achieved by
 - **Increase** intake of dietary fiber such as anything labeled "whole grain" as well as any green vegetables and dark, leafy vegetables
 - **Limit** sweet foods including: soda, candy, cake, pie, jam, canned fruit in syrup and cookies,
 - **Limit** foods high in carbohydrates like baked goods, low fat packaged foods, white potatoes, white bread, white pasta, white rice, pizza, and sugary cereals
 - **Limit** any foods with top 5 ingredients of any of the following
 - Sugar
 - Flour
 - Palm Oils
 - Partially Hydrogenated fats
 - Honey

EXERCISE

- Walking, jogging, swimming, or biking briskly without stopping for at least 15-20 minutes per day, 5 days per week

TOBACCO

- Tobacco use leads to an increase in blood pressure which negatively affects the heart, brain, and kidneys
- It is important for your health to stop tobacco use; please let us know if we can assist you in your efforts

ALCOHOL

- People who have more than two drinks per day have an increased risk of high blood pressure compared with nondrinkers
- One (for women) or two (for men) regular-sized servings of alcoholic beverages per day appears to benefit the heart in people greater than 40 years old. This protective effect applies to people with preexisting high blood pressure.

MEDICATION

- Avoid anti-inflammatory medications like Ibuprofen, Advil, Motrin, Naproxen, or Naprosyn unless specifically prescribed by a provider
- Check with the office before taking any over-the-counter cough and cold medicines or decongestants, especially if they have “D” or “DM” in the name
- Many over-the-counter weight loss products have stimulant-type ingredients which can increase blood pressure and heart rate. Check with the office before starting any of these types of products
- DO take your medication faithfully as prescribed by your providers and call if you experience any side effects