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hypertension

Controlling High Blood Pressure

What is the major source of the salt, or sodium, that we eat each day?

Only a small amount of the salt that we eat comes from the salt shaker, and only small amounts occur naturally in food. Most of the salt that we eat comes from processed foods -- for example, canned or processed meat, baked goods, and certain cereals, and foods with soy sauce, seasoned salts, monosodium glutamate (MSG), and baking soda. Food from fast food restaurants, frozen foods, and canned foods also tend to be higher in sodium.

What will the food label tell me about the amount of salt, or sodium, in that product?

Look for foods and seasonings that are labeled as low-salt or "no added salt." Look for the sodium content in milligrams and the Percent Daily Value. Aim for foods that are less than 5 percent of the Daily Value of sodium. Foods with 20 percent or more Daily Value of sodium are considered high.

How much salt is OK to eat each day?

Try not to eat more than 2,300 milligrams of sodium per day. That's about 1 teaspoon of table salt. This is the highest amount recommended for healthy Americans by the 2005 "U.S. Dietary Guidelines for Americans" developed by the USDA.

Are there medicines I can take to cure high blood pressure?

No, medicines will help control your blood pressure, but they cannot cure it. You may need to take high blood pressure medicine for the rest of your life.

Is there one kind of medicine I can take that will control my blood pressure?

Today, many different types of medicines are available to control high blood pressure. These medicines work in different ways. Some lower blood pressure by removing extra fluid and salt from your body. Others affect blood pressure by slowing down the heartbeat, or by relaxing and widening blood vessels. Often, two or more drugs work better than one.

Can you lose weight following the DASH eating plan?

Yes, the DASH eating plan can easily be changed to support weight loss, especially since it is rich in lower-calorie foods, such as fruits and vegetables. It doesn't require any special foods or hard-to-follow recipes. It simply calls for a certain number of daily servings from various food groups. The number of servings you need depends on your calorie level.

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BLOOD PRESSURE OUT OF CONTROL?

High blood pressure or hypertension is a leading cause of many serious health issues

We are conducting a research study with FDA approved medication for the treatment of high blood pressure. To be eligible for this study, you need to:

- Have systolic blood pressure between 160 mmHg and 180 mmHg
- Between 18 to 64 years old
- Not using more than two hypertension medications to treat your high blood pressure

Please call Liz at *Atlantic Institute of Clincal Research* 386-238-3271 for more information.

aicr
ATLANTIC INSTITUTE OF CLINICAL RESEARCH
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DAYTONA BEACH, FL 32114

An affiliate of Florida Health Care Plans

Qualified participants receive study-related medication and doctor visits at no charge

Controlling High Blood Pressure

To lose weight, aim for a calorie level that is lower than what you usually eat. You can make it even lower in calories by replacing higher calorie foods, such as sweets, with more fruits and vegetables. Combining the DASH eating plan with a regular physical activity program will help you both shed pounds and stay at a healthy weight for the long term.

How do I know if I need to lose weight to prevent or control my blood pressure?

Body mass index (BMI) is a measure of weight in relation to height, and provides an estimate of your total body fat. It applies to both men and women, but it does have some limits:

- It may overestimate body fat in athletes and others who have a muscular build.
- It may underestimate body fat in older persons and others who have lost muscle mass.

As your BMI goes up, so do your chances of getting high blood pressure, heart disease, and other diseases. Overweight is defined as a BMI of 25 to 29.9; obesity is defined as a BMI greater than or equal to 30.

The full chart is available from NHLBI (National Heart, Lung, and Blood Institute).

Ask your physician if you would benefit from a High Blood Pressure Clinical Trial

Hypertension Management – Understanding High Blood Pressure

This newsletter, courtesy of FHCP, is part of an educational series of mailings for ***Controlling High Blood Pressure.*** This program is ***free*** to all our members. Topics discussed concern diet, exercise and medications for high blood pressure.

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Health or Wellness or Prevention Information

Fish Veronique

Defatted chicken broth and low-fat milk lower the fat content, yet give the sauce a rich creamy taste.

as needed	**nonstick cooking spray**
1 lb	**white fish (cod, sole, turbot, etc.)**
1/4 tsp	**salt**
1/8 tsp	**black pepper**
1/4 C	**dry white wine**
1/4 C	**chicken stock or broth, skim fat from top**
1 Tbsp	**lemon juice**
1 Tbsp	**soft margarine**
2 Tbsp	**flour**
3/4 C	**low-fat (1%) or skim milk**
1/2 C	**seedless grapes**

1. Spray 10x6-inch baking dish with nonstick spray. Place fish in pan and sprinkle with salt and pepper.
2. Mix wine, stock, and lemon juice in small bowl and pour over fish.
3. Cover and bake at 350º F for 15 minutes.
4. Melt margarine in small saucepan. Remove from heat and blend in flour. Gradually add milk and cook over moderately low heat, stirring constantly until thickened.
5. Remove fish from oven and pour liquid from baking dish into cream sauce, stirring until blended. Pour sauce over fish and sprinkle with grapes.
6. Broil about 4 inches from heat 5 minutes or until sauce starts to brown

Calories: 148
Total Fat: 171 mg
Saturated Fat: 1 g
Cholesterol: 53 g
Sodium: 316 mg
Yield: 4 Servings
Servings Size: 1 fillet with sauce