

Super Seniors News **May 2014 Newsletter**

Dear Friends,

This issue of “Super Seniors News” will be dedicated to “National High Blood Pressure Education Month” and “American Stroke Month.” We will focus on the impact high blood pressure can have on health.

Sincerely,

Jacquelyn W. Gibson

Jacquelyn W. Gibson
Extension Faculty-FCS



and



The Family & Consumer Science Program and the 4-H Youth Development Program has a New Home!!

New Location: Amelia Earhart Park

401 East 65th Street
Hialeah, FL 33013
Phone: 305-769-4050
Fax: 305-769-4052

Staff

Jacquelyn W. Gibson, FCS - jwgibson@ufl.edu
Cassandra Weston, 4-H - crweston@ufl.edu
Ruth Santos, 4-H - ruth.santos@ufl.edu
Shirley Bender, Secretary - skbender@ufl.edu

National High Blood Pressure Education Month 2014

Sponsored by the Centers for Disease Control and Prevention (CDC), a US government health organization, National High Blood Pressure Education Month, raises awareness about the impact high blood pressure can have on health.



In the United States, nearly 68 million people have high blood pressure, which is also called hypertension. Hypertension increases the risk for heart disease and stroke, the first and third leading causes of death in the United States.

Other risk factors of high blood pressure include congestive heart failure and kidney disease.

What is Blood Pressure? $\frac{120}{80}$

Blood pressure is written as two numbers. The first (systolic) number represents the pressure when the heart beats. The second (diastolic) number represents the pressure when the heart rests between beats. The

The following is a classification for blood pressure:

Normal blood pressure	systolic: less than 120 mmHg and diastolic: less than 80 mmHg
Prehypertension	systolic: 120-139 mmHg or diastolic: 80-89 mmHg
Hypertension	systolic: 140 mmHg or higher or diastolic: 90 mmHg or higher or taking antihypertensive medication

High blood pressure is also called the “Silent Killer” because there are often no symptoms. Your numbers are your only warning. For while you may feel fine, high blood pressure is taking its toll on your heart, blood vessels and kidneys. High blood pressure also increases your chances of dementia.

A common form of high blood pressure in older adults is isolated systolic hypertension. About 2 out of 3 people over age 60 with high blood pressure have isolated systolic hypertension (ISH).

ISH is high blood pressure, but only the top (systolic) number is high (140 or higher). It can be as harmful as high blood pressure in which both numbers are high.

If not treated, ISH can cause damage to your arteries and body organs. ISH is treated the same way was high blood pressure in which both systolic and diastolic pressure are high.

May is “American Stroke Month”

American Stroke Month,” which is the American Heart Association/American Stroke Association’s annual campaign to increase awareness of the disease and to educate Americans that strokes are largely preventable, treatable and beatable.

What is a Stroke?

A stroke, or “brain attack,” occurs when a blood vessel is either blocked by a clot or burst—preventing oxygen and nutrients from reaching part of



the brain. Cells in this area begin to die and functions controlled by this part of the brain die. A typical stroke is essentially a heart attack in your brain. Two million brain cells die every minute during a stroke, causing brain damage, disability and death.

Strokes can change the way a person thinks, speaks, and moves. It can affect your quality of life.

Learn the Warning Signs of Stroke

The key is to recognize a stroke and to call 9-1-1 immediately



- \$ Sudden numbness or weakness of the face, arm or leg, especially on one side of the body.
- \$ Sudden confusion, trouble speaking or understanding.
- \$ Sudden trouble seeing in one or both eyes.
- \$ Sudden trouble walking, dizziness, loss of balance or coordination.
- \$ Sudden severe headache with no cause.

Steps to Control High Blood Pressure and Prevent Strokes

- \$ Ask your doctor what your blood pressure should be. Set a goal to lower your pressure with your doctor and then discuss how you can reach your goal. Work with your doctor to make sure you meet that goal.
- \$ Take your blood pressure medication as directed. If you are having trouble, ask your doctor what you can do to make it easier.
- \$ Quit smoking—and if you don’t smoke, don’t start.
- \$ Reduce sodium. Most Americans consume too much sodium, and it raises their risk for high blood pressure. Current dietary guidelines recommend that adults in general should consume no more than 2,300 mg of sodium per day. However, if you are in the

following population groups, you should consume no more than 1,500 mg of sodium per day:

- " You are 51 years of age or older.
- " You are African American.
- " You have high blood pressure
- " You have diabetes.
- " You have chronic kidney disease.

- \$ Achieve and maintain a healthy body weight.
- \$ Participate in 30 minutes of moderate physical activity on the most days of the week.
- \$ Eat a healthy diet that is high in fruits and vegetables and low in sodium, saturated fats, trans fat, and cholesterol.
- \$ Manage stress.
- \$ Limit the amount of alcohol you drink (no more than one drink each day for women and two for men).
- \$ Control your diabetes. Follow your doctor's recommendations carefully because diabetes puts you at an increased risk for stroke.

DASH Diet



The DASH eating plan (*Dietary Approaches to Stop Hypertension) has been shown to prevent and reduce high blood pressure. It's rich in fruits and vegetables and lowfat dairy products, moderate in total fat, and low in saturated fat and cholesterol. It's even more effective if you also reduce your salt and sodium intake.

This eating plan can help you lose weight if you are overweight, which also will help lower your blood pressure.

10 delicious ways to DASH down high blood pressure

1. Be spicy instead of salty. In cooking and at the table, flavor foods with herbs, spices, lemon,

lime, vinegar, or salt-free seasoning blends.

2. Use fresh poultry, fish, and lean meat, rather than canned, smoked, or processed types.
3. Eat moderate portions, and when snacking, eat fruit, vegetable sticks, unbuttered and unsalted popcorn, or bread sticks.
4. Choose "convenience" foods that are lower in sodium. Cut back on frozen dinners, pizza, packaged mixes, canned soups or broths, and salad dressings—these often have a lot of sodium.
5. Start your day with breakfast cereals that are lower in salt and sodium.
6. Cook rice, pasta, and hot cereals without salt; cut back on instant or flavored rice, pasta, and cereal mixes, which usually have added salt.
7. Buy fresh, plain frozen, or canned with "no-salt-added" vegetables.
8. Drink water or club soda instead of soft drinks high in sugar.
9. When eating out, move the saltshaker away—limit condiments, such as catsup, pickles, and sauces with high salt-containing ingredients.
10. Cut back on processed and fast foods that are high in salt and sodium.

High Blood Pressure & Stroke Facts You Should Know!



- \$ More than 6.5 million American adults age 20 years or older (1 in 3) have high blood pressure.
- \$ About 25% of American adults age 20 years or older have prehypertension.
- \$ Almost 90% of adults aged 45-64 years will develop high blood pressure during the remainder of their lifetime.
- \$ Nearly one of five people have hypertension and are not aware that they have it.

- § Mexican-Americans have the lowest level of hypertension control compared to non-Hispanic whites and blacks.
- § An estimated 6.8 million Americans 20 years and older have had a stroke.
- § Stroke is the No. 3 causes of death for women and No. 5 cause of death for men.
- § High blood pressure is the leading risk factor for stroke. About 77% of people who have a first stroke have blood pressure higher than 140/90 mmHg.
- § African-Americans have nearly twice the risk for a first-ever stroke than white people, and a much higher death rate from stroke, largely due to high blood pressure.
- § Mexican-Americans are still 34% more likely to have a stroke than non-Hispanic whites.

Research You Can Use

- § Don't count on sea salt to reduce your dietary sodium intake. A recent American Heart Association survey found that 61% of consumers believe sea salt is a "low-sodium alternative" to table salt, which is mined rather than harvested from the ocean (and also contains iodine and anti-clumping agents). But testing reported in Food Research International concludes that sea salt is "not viable" as a sodium reduction strategy. By weight, sea salt contains the same amount of sodium as other salts; the only difference is when measured by volume, as both sea and kosher salt contain less salt per spoonful.



56 healthy adults without hypertension who were given either eight ounces twice a day of low-calorie cranberry juice or a placebo beverage. After eight weeks, the cranberry-juice group showed an average drop of 3 mmHg in both systolic and diastolic blood pressure, while those sipping the placebo saw no change. The use of low-calorie cranberry juice was significant, researchers commented, because regular cranberry juice can contain high levels of added sugar to counter the berries natural tartness. Cranberries, they added, contain a broad and interesting array of natural plant flavonoids associated with lower risk of cardiovascular disease.

Tufts University Health & Nutrition Letter Volume 12G

Tufts University Health & Nutrition Letter Volume 13G

- § Cranberry Juice Modestly Lowers Blood Pressure-Low-calorie cranberry juice might be a new weapon in the battle against high blood pressure. At a recent meeting of the American Heart Association, USDA researches reported on a study of