

# LIHN



Long Island Health Network

*Higher Standards, Better Care*



## Managing Your Hypertension

# Managing Your Hypertension

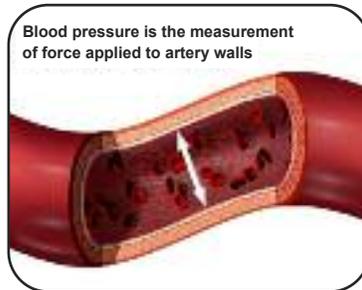


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# What is Hypertension?



## What is hypertension?

- Hypertension means high blood pressure. It is the pressure in the blood vessels leading away from the heart. With high blood pressure the heart has to work hard to move blood through the body. Blood pressure includes two (2) measurements - the systolic pressure and the diastolic pressure.
- Your goal blood pressure may be lower than you would think.
- You should consult your physician to learn what your goal blood pressure is.

## What causes high blood pressure?

- For most people the cause of high blood pressure is unknown.
- Some causes are:
  - Kidney problems
  - Excessive alcohol use
  - Narrowing of certain blood vessels
  - Being overweight
  - Birth control pills
  - Family history

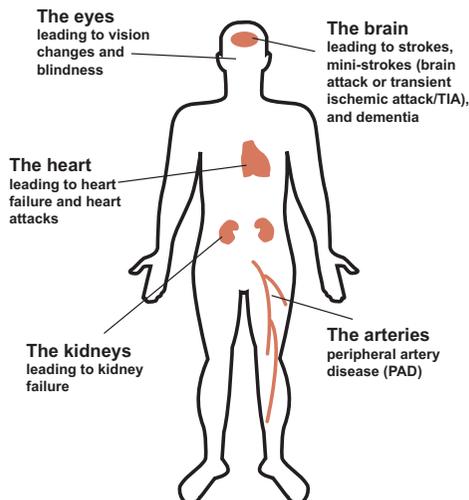
### What are the risk factors for high blood pressure?

- Age, men over 55 years and women over 65 years
- Family history
- Being overweight
- Eating foods that are high in salt
- Cigarette or tobacco smoking
- Diseases, high cholesterol, kidney disease, or family history of a cardiovascular disease occurring at an early age
- Lack of exercise
- Stress
- Pregnancy
- Race: African American, Hispanic, Latino, or Native American

### What test is done to diagnose hypertension?

- Routine medical exams including blood pressure checks.
- Your healthcare provider will measure your blood pressure using a gauge, stethoscope and a blood pressure cuff.

### Major complications of hypertension:



# What Should I Tell My Healthcare Provider About My Hypertension?

Tell your healthcare provider if:

- You have any signs or symptoms such as:  
**Blurred vision, headaches, dizziness, weakness, unexplained weight gain, nausea and/or vomiting.**
- You have a family history of heart disease, kidney disease, diabetes or stroke.
- You have other diseases or medical conditions.
- You smoke cigarettes, drink alcohol, use street drugs or drink high caffeine or energy drinks.

Also tell your healthcare provider about:

- All the medicines you use, including herbs, supplements, and over-the-counter medicines and vitamins.
- Your diet, work conditions, activities, and things that cause stress in your life.

Ask your healthcare provider to teach you how to take your blood pressure at home.



# What Can I Do To Help?



## Change Your Diet

Making healthy choices and eating a well-balanced diet can make you feel better.

Ask your healthcare provider if you need to be on a special diet or if you need to see a dietitian.

Your healthcare provider may recommend that you limit the amount of sodium (salt) and fat in your diet. Sodium makes the body hold water, and can cause fluid to build up within your body. Symptoms you may experience with fluid build-up are:

- Increased shortness of breath
- A full feeling
- Swelling of your lower legs/feet
- Sudden increase in your weight





# Change Your Diet

## **Salt and sodium**

A teaspoon of salt contains 2,000 milligrams (mg) of sodium. Sodium is the major ingredient in table salt, so a good first step is to take the salt shaker off your table. Check with your healthcare provider before using a salt substitute. About one-half of our salt intake comes from processed foods. So a next good step is to avoid those processed foods that contain large amounts of sodium. The following foods contain a large amount of sodium and should be avoided (unless they are specifically labeled as **no salt added** or **sodium free**).

- Processed meat (hot dogs and cold cuts)
- Frozen prepared meals
- Most canned soups and vegetables
- Canned fish in oil or fried fish
- Cheeses and cheese spreads
- Pickles, olives and sauerkraut
- Tomato sauce and vegetable juices
- Most “fast food”, for example, Chinese food
- Condiments: soy sauce, worcestershire sauce, catsup and mustard
- Peanut butter and spices that contain salt in their name like garlic salt, onion salt, or celery salt
- Ham, bacon, sausage
- Snack foods that are salted: chips, pretzels and crackers



## **Instead choose:**

- Fresh vegetables
- Spices that do not have salt in their name
- Snack foods such as nuts (unsalted), fresh fruit or raisins



## Change Your Diet

### Flavor can be added to foods in ways other than adding salt.

You can use the following herbs and spices to season your foods. Be creative and give them a try!

- Garlic and garlic powder
- Onion and onion powder
- Pepper
- Lemon
- Vinegar
- Other non-salty herbs and spices such as dill, bay leaf, curry powder, basil, oregano, nutmeg, allspice, and mint



In time, your taste buds will adjust to your decrease in salt intake.

### Your Food Plate

A healthy diet limits total fat intake to less than 25–35 percent of your total calories each day. Eat more fruits, grains, and vegetables. This also helps control your weight, and can even reduce your risk for some cancers. Fats can be saturated, unsaturated, or trans fats. The best fats are unsaturated fats, but they are still high in calories, so eat them in moderation.



### Hidden sodium

There may be hidden sodium in other foods. Reading the food labels is a good way to find out how much sodium is in the canned/prepared food. If salt or sodium is listed as being added to the food, there is too much sodium in it. Be sure to ask your healthcare provider how much salt or sodium you are permitted to eat (in milligrams (mg) per serving), and compare this amount with the amount of sodium in the food according to the nutritional label.



# Change Your Diet

## Reading nutritional labels

All packaged foods have labels that say how much sodium and fat is in the product. Reading your food labels will help you learn which foods contain the most sodium and fat.

**Start here**

**Check the total calories per serving**

**Limit these nutrients**

**Get enough of these nutrients**

**Quick Guide to % Daily Value:**  
5% or less is low  
20% or more is high

Nutrition Facts	
Serving Size 1 slice (47g)	
Servings Per Container 6	
Amount Per Serving	
<b>Calories</b> 160	Calories from Fat 90
	% Daily Value*
<b>Total Fat</b> 10g	15%
<b>Saturated Fat</b> 2.5g	11%
<b>Trans Fat</b> 2g	
<b>Cholesterol</b> 0mg	0%
<b>Sodium</b> 300mg	12%
<b>Total Carb</b> 15g	5%
<b>Dietary Fiber</b> less than 1g	3%
<b>Sugars</b> 1g	
<b>Protein</b> 3g	
Vitamin A 0%	Vitamin C 4%
Calcium 45%	Iron 0%
Thiamin 8%	Riboflavin 0%
Niacin 0%	
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	

Be Sure To Read the Serving Size



## Take Your Medications

Medications maintain health, improve symptoms, and help to prolong life. It is important to always take them on a regular basis as instructed by your healthcare provider.

- Take **ALL** of your medications as prescribed following your healthcare provider's instructions. You may need more than one pill to control your hypertension.
- Take your medications regularly at the same time every day.
- Do not stop taking your medications without talking to your healthcare provider.
- Carry a list of your medications in your wallet or purse.
- Learn what each medication does and what it looks like.
- Make sure you have enough of your medications. Plan ahead so you don't run out.
- If you think you are experiencing a side effect from your medications, call your healthcare provider and also mention it at your next appointment.
- Store all medications in their original labeled containers. **Do Not** mix different medications into the same container for storage, unless you are using a pill organizer to help you manage your medications.
- If you miss a dose **do not double up** on medications.
- Keep your follow up or regular healthcare provider visits.
- Do not be afraid to call your healthcare provider or pharmacist if you have any questions. They are there to help you.
- Write down any questions you may have about your medications and bring them to your healthcare provider's appointment.
- If you cannot afford your medications, you **must** tell your healthcare provider about it.

Speak to your Pharmacist about proper medication disposal.

**PLEASE REMEMBER TO KEEP ALL  
MEDICATION AWAY FROM CHILDREN**



# Let's Exercise

**The amount of exercise you can do will depend on your own condition. Always consult your healthcare provider first before starting an exercise program.**

- Ask your healthcare provider for the types of exercise that are best for you.
- Exercise regularly for 30 minutes per day on most days of the week.
- Exercise may decrease your blood pressure. It may also help you decrease or maintain a healthy body weight.
- Talk to your healthcare provider if you need to lose weight.

## **Exercise tips:**

- Short walks are a good way to begin exercising; however, do not walk to the point of pain or discomfort.
- Avoid exercising when it is too cold/hot, humid or when you do not feel well.
- Make sure to call your healthcare provider immediately if you develop symptoms of chest tightness or shortness of breath.

**Stick with it!** If you exercise regularly, it will soon become a part of your lifestyle. Finding an exercise “buddy” will also help you stay motivated.



# Life Style Changes

Lifestyle changes may help decrease your blood pressure and can also decrease the amount of medication that you need and may help reduce complications.

## **Monitor Your Blood Pressure at Home**

**Home blood pressure monitoring can help you keep tabs on your blood pressure.** Bring your monitor to your healthcare provider on your next visit to see if you are using it correctly.

Monitoring will:

- Show if your medication is working
- Alert you and your healthcare provider of potential complications
- Let you know if your blood pressure is under control
- Prevent frequent visits to your healthcare provider

## **Reduce stress**

Ask your healthcare provider for information about how to control and reduce stress, such as:

- Learn new ways to relax such as: deep breathing, meditation, and listening to music
- Learn to control anger
- When feeling stressed go for a walk
- Try to avoid a stressful environment

## **Stop smoking**

Speak to your healthcare provider for information on how to quit smoking.

- Smoking harms your heart, lungs, and your blood vessels.
- It is never too late to stop smoking.

## **Limit drinking alcohol**

- Drinking beer, wine and other alcoholic beverages must be in moderation. Discuss this with your healthcare provider.



## Patient and/or Caregiver Responsibilities

**You are responsible for your own health and should establish a self care plan with your healthcare provider.**

Your family and friends are part of your healthcare team. Ask your family member or friends for help in monitoring your condition. Your family and friends should know when to report changes in your condition to your healthcare provider if you are not able to.

- Check your blood pressure regularly. If you do not have access to a blood pressure machine speak to your healthcare provider about it.
- Know the side effects of all your medication and report them if they occur.
- Report all noticeable changes in your condition or warning signs to your healthcare provider.
- Keep to the treatment or care plan.
- Fill your medication as prescribed. If it is too expensive speak to your healthcare provider.
- Participate in local health fairs.
- Feel free to talk to your healthcare provider about your condition.

**Before calling or seeing your healthcare provider, have the following information with you:**

- Your current health problem and questions
- List of your medications
- Pharmacy name and telephone number



**The next page may be a helpful form to use before calling or seeing your healthcare provider.**



# Talking with Your Healthcare Provider

When you talk to your healthcare provider, it is important to tell him/her exactly what is happening.

## SITUATION:

I am having:

- Headaches (explain the nature )
  - Nausea and vomiting
  - Dizziness / blurred vision
  - Numbness and weakness
  - Unexplained weight gain
  - Other (explain) \_\_\_\_\_
- 

## BACKGROUND

- I began to feel this way: (When did it start?)
- What makes it better?
- What makes it worse?
- How long it lasts?

My last:

Blood Pressure \_\_\_\_\_ Pulse \_\_\_\_\_

Temperature \_\_\_\_\_ Weight \_\_\_\_\_

It prevents me from doing my usual activities: Yes  No

## ASSESSMENT

I feel this way because of (include any other possible reasons):  
exhaustion, stress or ran out of my medication.

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## RECOMMENDATION

(Write down your healthcare provider's instructions)

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# Self Management Plan for Hypertension

## Do You Know Your Zone?

15

### Green Zone = "All Clear"

- Medications control your blood pressure
  - My blood pressure range should be:
- 

### Yellow Zone = "Caution"

- Your blood pressure readings are outside your normal range
- You have:
  - Headaches
  - Nose bleeds
  - Nausea and/or vomiting
  - Lightheadedness/ dizziness
  - Palpitations
  - Blurred Vision
  - Weakness
  - Unexplained weight gain

### Red Zone = "Medical Alert"

If you have:

- Sudden numbness or weakness of the face, arm or leg, especially on one side of the body
- Sudden confusion, trouble speaking, swallowing or understanding
- Sudden trouble seeing
- Sudden trouble walking, dizziness, loss of balance or coordination
- Sudden severe headache or chest pain



**A Self Management Plan  
for Hypertension  
has three zones.**

**"All Clear" Means:**

- Your blood pressure is under control
- Continue taking your medication and follow your diet as ordered
- Continue monitoring your blood pressure
- Keep all healthcare provider's appointments even if you feel well

**"Caution" Means:**

**Call your healthcare provider as soon as you notice any of these changes or your blood pressure is:**

Above \_\_\_\_\_

Below \_\_\_\_\_

Healthcare provider's telephone number:  
\_\_\_\_\_

**"Medical Alert" Means**  
**You need to be evaluated by a physician right away**

**Call 911**

Zone	Definition
<b>Green</b>	This is your goal. Your symptoms are under control.
<b>Yellow</b>	Caution: This zone is a warning.
<b>Red</b>	Emergency: Call 911 or go to the Emergency Room



# My Daily Blood Pressure Chart

Write down your blood pressure every day.  
Bring your log to your healthcare provider appointments.

Date	Blood Pressure	Date	Blood Pressure
1		17	
2		18	
3		19	
4		20	
5		21	
6		22	
7		23	
8		24	
9		25	
10		26	
11		27	
12		28	
13		29	
14		30	
15		31	
16			

# Additional Resources



- 1. American Heart Association**  
National Center  
7272 Greenville Avenue  
Dallas, TX 75231  
**Telephone:** 1-800-242-8721  
**Website:** [www.americanheart.org](http://www.americanheart.org)
- 2. National Heart Lung and Blood Institute**  
NHLBI Health Information Center  
PO Box 30105  
Bethesda, MD 20824-0105  
**Telephone:** 1-301-592-8573  
**Fax:** 1-240-629-3246  
**Website:** [www.nhlbi.nih.gov](http://www.nhlbi.nih.gov)
- 3. American Society of Hypertension**  
148 Madison Avenue, 5th Floor  
New York, NY 10016  
**Telephone:** 1-212-696-9099  
**Fax:** 1-212-696-0711  
**Website:** [www.ash-us.org](http://www.ash-us.org)
- 4. New York State Smokers' Quit Line**  
**Telephone:** 1-866-697-8487  
**Website:** [www.nysmokefree.com](http://www.nysmokefree.com)

# LIHN

## Long Island Health Network

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### **Brookhaven Memorial Hospital Medical Center**

101 Hospital Road  
Patchogue, NY 11772  
(631) 654-7100  
Home Care Department  
(631) 758-3600

### **J.T. Mather Memorial Hospital**

75 North Country Road  
Port Jefferson, NY 11777  
(631) 473-1320

### **St. Catherine of Siena Medical Center**

50 Route 25A  
Smithtown, NY 11787  
(631) 862-3000

### **St. Francis Hospital - The Heart Center**

100 Port Washington Boulevard  
Roslyn, NY 11576  
(516) 562-6000

### **South Nassau Communities Hospital**

One Healthy Way  
Oceanside, NY 11572  
(516) 632-3000  
Home Care Department  
(516) 377-5000

### **Good Samaritan Hospital Medical Center**

1000 Montauk Highway  
West Islip, NY 11795  
(631) 376-3000  
Home Care Department  
(631) 969-8200

### **Mercy Medical Center**

1000 North Village Avenue  
Rockville Centre, NY 11570  
(516) 705-2525

### **St. Charles Hospital**

200 Belle Terre Road  
Port Jefferson, NY 11777  
(631) 474-6000

### **St. Joseph Hospital**

4295 Hempstead Turnpike  
Bethpage, NY 11714  
(516) 579-6000

### **Winthrop - University Hospital**

259 First Street  
Mineola, NY 11501  
(516) 663-0333  
Home Care Department  
(516) 663-8000

### **Catholic Home Care**

1150 Portion Road  
Holtsville, NY 11742  
(631) 696-1002

This booklet was updated November 2011

Acknowledgements:

Centers for Disease Control and Prevention -

<http://www.cdc.gov/bloodpressure/index.htm>

American Society of Hypertension - <http://www.ash-us.org>

American Heart Association - <http://www.heart.org/HEARTORG>

National Heart Lung and Blood Institute, National Institute of Health -

<http://www.nhlbi.nih.gov/guidelines/hypertension/index.htm>

Agency for Healthcare Research and Quality - <http://www.ahrq.gov>

Medline Plus - <http://www.nlm.nih.gov/medlineplus/highbloodpressure.html>

Emedicinehealth- <http://www.emedicinehealth.com/>

Island Peer Review Organization -<http://jeny.ipro.org/showthread.php?t=2487>

National Institute of Health – DASH Diet -

[http://www.nhlbi.nih.gov/health/public/heart/hbp/dash/new\\_dash.pdf](http://www.nhlbi.nih.gov/health/public/heart/hbp/dash/new_dash.pdf)

This publication's content is for general informational purposes only, and does not replace professional medical care and physician advice.

Every individual's condition is unique. You should always consult with your physician before embarking on any course of treatment, to discuss any subsequent changes to that treatment plan, and to answer any questions or concerns you may have.



Members of:

