High blood pressure (HBP) is known as the “silent killer” because it significantly increases risk of death but most of the time has no obvious symptoms to indicate that something is wrong.

Nearly half of American adults have high blood pressure but many don’t know it. What’s more, only about half of all diagnosed individuals are controlling their blood pressure adequately.

This condition is a primary or contributing cause in more than 1,000 deaths each day and costs the nation $48.6 billion each year, according to the Centers for Disease Control and Prevention.

How can HBP harm you?
High blood pressure puts increased strain on organs like the eyes, kidneys, and heart. It also creates instability that can cause plaques on the lining of the blood vessels to rupture, causing strokes or heart attack.

And the health risks are significant. According to the American Heart Association, HBP is associated with a doubling in risk of a heart attack and contributes to half of all strokes. It is the second leading cause of kidney failure, and is associated with heart failure, dementia, vision problems, and sexual dysfunction.

You can manage HBP.
Lifestyle changes and medications can help you prevent and manage HPB. But don’t wait! The longer HBP is not treated, the more serious the health problems can be.

Sources:
American Heart Association https://www.heart.org/en/health-topics/high-blood-pressure/why-high-blood-pressure-is-a-silent-killer

Just the facts...ATTENTION! One in three women die of heart disease and stroke.
Know Your Numbers

High blood pressure can sneak up on you, so it’s important to know your numbers. The only way to know if you have HBP is to measure it—frequently. The five blood pressure ranges as recognized by the American Heart Association are:

<table>
<thead>
<tr>
<th>BLOOD PRESSURE CATEGORY</th>
<th>SYSTOLIC mm Hg (upper number)</th>
<th>DIASTOLIC mm Hg (lower number)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Normal</td>
<td>Less than 120 and</td>
<td>Less than 80</td>
</tr>
<tr>
<td>Elevated</td>
<td>120-129</td>
<td>Less than 80</td>
</tr>
<tr>
<td>High Blood Pressure</td>
<td>130-139</td>
<td>80-89</td>
</tr>
<tr>
<td>(Hypertension Stage 1)</td>
<td></td>
<td></td>
</tr>
<tr>
<td>High Blood Pressure</td>
<td>140 or higher</td>
<td>90 or higher</td>
</tr>
<tr>
<td>(Hypertension Stage 2)</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Hypertensive Crisis</td>
<td>Higher than 180</td>
<td>and/or Higher than 120</td>
</tr>
<tr>
<td>(Consult your doctor ASAP)</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Source: American Heart Association [https://www.heart.org/en/health-topics/high-blood-pressure/understanding-blood-pressure-readings](https://www.heart.org/en/health-topics/high-blood-pressure/understanding-blood-pressure-readings)

Exercise Your Heart Muscle

All forms of exercise are good for your heart but the best is aerobic activity.

Aim for 150 minutes a week of aerobic activity such as walking, biking, dancing, etc. Aerobic activity, sometimes called “cardio,” increases your heart rate while you are active and therefore makes your heart muscle stronger.

Be active at a moderate intensity so your heart beats faster, your breathing increases, but you are still able to talk.

Do the DASH

DASH, which stands for Dietary Approaches to Stop Hypertension, was developed by physicians specifically to fight HBP. It recently received an all-star-diet rating by a panel of experts.

They gave it high marks for its nutritional completeness, safety, ability to prevent or control diabetes, and its role in supporting heart health.

The DASH diet principles:
- Eat more veggies, legumes, fruits, and low-fat dairy foods
- Choose moderate amounts of whole grains, fish, poultry and nuts
- Cut way back on any food high in saturated fat and salt

Studies have shown following this diet can reduce blood pressure in a matter of weeks!

US National Library of Medicine [https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4366416/](https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4366416/)

YOU GOT THIS! Simple changes with food choices and physical activity can make a BIG difference for your heart health.

Exercise Your Heart Muscle

Exercise Your Heart Muscle

Be Active. Take Action!

This month, I will be active by...

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**Heart-Smart Choices**

*At the heart of good health is good nutrition.*

The Nutrition Facts label has been updated. The information can help you choose foods that support cardiovascular health.

Here are just two examples:

1. **Serving sizes** more closely reflect what Americans actually eat and drink today. For example, the serving size that is required to be listed for ice cream has increased from half a cup to two thirds of a cup.

2. **The % Daily Value (% DV)** helps you compare the amount of a nutrient in one serving to the daily recommendation for that nutrient.
   - Choose foods lower than 5% DV if you want to eat less of a nutrient—think sodium or added sugars.
   - Choose foods with a higher % DV if you want more of a nutrient that supports healthy aging, such as fiber, vitamin D or potassium.

### Nutrition Facts

<table>
<thead>
<tr>
<th>Serving Size</th>
<th>Serving size</th>
<th>Amount per serving</th>
<th>Calories</th>
<th>Total Fat</th>
<th>% Daily Value*</th>
</tr>
</thead>
<tbody>
<tr>
<td>8 servings per container</td>
<td>2/3 cup (55g)</td>
<td>230</td>
<td>8g</td>
<td>10%</td>
<td></td>
</tr>
<tr>
<td>Amount of Calories</td>
<td>% Daily Value</td>
<td>Saturated Fat</td>
<td>Trans Fat</td>
<td>Cholesterol</td>
<td>Sodium</td>
</tr>
<tr>
<td>8g</td>
<td>10%</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>1g</td>
<td>5%</td>
<td></td>
<td></td>
<td></td>
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<tr>
<td>0g</td>
<td>0%</td>
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<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>0mg</td>
<td>0%</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>160mg</td>
<td>7%</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>37g</td>
<td>13%</td>
<td></td>
<td></td>
<td></td>
<td></td>
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<tr>
<td>4g</td>
<td>14%</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>12g</td>
<td>20%</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>10g Added Sugars</td>
<td>10%</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**Footnote**

(for educational purposes only. These labels do not meet the labeling requirements described in 21 CFR 101.9.)

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**Eat Healthy. Take Action!**

This month, I will eat healthier by...

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**MAKE HEART-SMART CHOICES** at home, at the grocery store and in restaurants.

### Smart Choices Quick Tips

**ENJOY**

- Fruits and vegetables
- Whole grains
- Beans and legumes
- Fish, skinless poultry, lean/extra-lean meat and vegetable-based proteins
- Low-fat and fat-free dairy products
- Nuts, seeds and non-tropical vegetable oils

**LIMIT:**

- Sweets and sugary drinks
- Fatty or processed meats
- Salty or highly processed foods
- Butter and solids fats

**AVOID:**

- Trans fat
- Partially hydrogenated oils

### Food Safety Reminders

Do you buy pre-washed and ready-to-eat bags of greens and salad mixes? They’re convenient and very popular.

Add a little protein, cooked grains and a handful of berries—you have a meal!

But, is it safe to eat salad greens without washing? Yes! Food safety experts determined that washing pre-washed greens will not make them cleaner compared to the commercial triple wash. It’s even possible that additional handling could contaminate a package that was clean.

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Go Green Answers (Page 4)  
DON LUCAS and his wife of 47 years, Skye, attend Fresh Conversations at the Newberry Center in Fort Madison.

Don Lucas is a self-proclaimed “professional student.” He holds degrees in economics, psychology and history but Fresh Conversations is his favorite program that Milestones offers.

He finds the non-threatening conversational format to be fun and educational. “Fresh Conversations helps me get back into healthier habits. I get reacquainted with information I know but have put on the back burner.”

Don sat in many classrooms during his life. The last thing he’s looking for is another forced lecture. He tells others, “Fresh Conversations is something you’ve got to experience.”

Testimonial of the Month
Back to Healthier Habits

A Berry Delicious, No Recipe Salad

Go Green!
Collards
Lettuce
Broccoli
Turnips
Swiss Chard
Endive
Cabbage

1. ___________ __________ leaves have red stems, stalks and veins, and have a beet-like taste.
2. __________ is a cruciferous vegetable which is paler in color than leafy greens.
3. Dark green varieties of ___________ like romaine and arugula tend to be crisp and slightly bitter.
4. __________ are famously used in Southern-style cooking, but the wide leaves can also be used as a wrapper instead of a tortilla.
5. __________ look like green little trees and are rich in potassium.
6. If you buy __________ with the tops on, you get two vegetables in one. The tops are tender and need less cooking than some other greens.
7. There are two main varieties of ___________; curly which has narrow curly outer leaves and broad-leaved which is also known as escarole.

MIX UP YOUR SALAD WITH HEALTHY AND TASTY TOPPINGS.

1. Start with a colorful mix of leafy greens and lettuce. No need to wash if they’re pre-washed.

THE GO-TO MEAL: Throw together a salad for a quick, easy dinner.

3. Top with high-quality protein. Hard-boiled egg, chicken, tuna or cooked lentils will do just fine.
4. Toss in a big handful of berries. Strawberries and blueberries are especially delicious.
5. Add some crunch. Any nuts or seeds will do. Wheat berries, anyone?
6. Dress it up. A simple vinaigrette made with a healthy oil will help you absorb fat-soluble vitamins.