

# **Taking Care of Your Heart**

February is American Heart Month!  
 Celebrate by taking steps towards heart health.

The best ways to protect and strengthen your heart are to...

- Measure your Blood Pressure
- Enjoy heart healthy meals
- Be physically active
- Visit your doctor and take medications



## MEASURE YOUR BLOOD PRESSURE



You can measure your blood pressure at home using personal measurement devices. This way, you can best understand when your pressure is high or low.

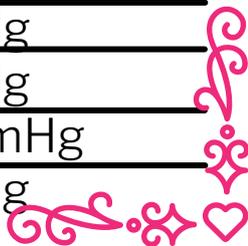
Keep track of your blood pressure and alert your health care team if numbers seem different than usual.

## STEP BY STEP

1. 30 mins before - Don't eat or drink
2. Sit comfortably - Back supported & both feet flat on the ground.
3. Wrap cuff around your arm, bare skinned.
4. Rest arm on a table, at chest height.
5. Measure without talking.
6. Log your results.

### Blood Pressure Ranges by Category

<u>Blood Pressure Category</u>	<u>Systolic Blood Pressure (Top #)</u>	AND	<u>Diastolic Blood Pressure (Bottom #)</u>
Normal	<120 mmHg		<80 mmHg
Elevated	120-129 mmHg		<80 mmHg
Stage 1 Hypertension	130-139 mmHg	OR	80-89 mmHg
Stage 2 Hypertension	>140 mmHg	OR	>90 mmHg



# ENJOY HEART HEALTHY MEALS

## The DASH Eating Plan

DASH (Dietary Approaches to Stop Hypertension) has a proven record of helping people lower their blood pressure. This plan recommends to...

- Focus on vegetables, fruits & whole grains
- Choose lean or fat-free sources of protein
  - Fish
  - Beans
  - Poultry
  - Nuts
- Limit saturated fat & sweetened beverages
- Restricting sodium to 1,500 mg per day leads to even better results



# DASH Eating Plan

**The Benefits:** Lowers blood pressure & LDL "bad" cholesterol.

 <b>Eat This</b>	 <b>Limit This</b>
 Vegetables	 Fatty meats
 Fruits	
 Whole grains	 Full-fat dairy
 Fat-free or low-fat dairy	
 Fish	 Sugar sweetened beverages
 Poultry	
 Beans	 Sweets
 Nuts & seeds	
 Vegetable oils	 Sodium intake

## PHYSICAL ACTIVITY



Start small & start *safe*! Take a brisk walk around the house. In your chair, you can stretch & exercise your arms. Try to get moving at least 30 minutes every day.

## YOUR DOCTOR & MEDICATION

Regularly visit your doctor and learn about ways to best protect your heart. Most people can't feel if they have high blood pressure, so make sure to take your medication even if you're "feeling fine."



Need help incorporating the DASH eating plan? Feel free to seek nutrition counseling and education from the OFA Nutritionist - Lucille Tang at (585)-991-5462.