

My Hypertension



Health Journal

Blood Pressure Chart

Blood Pressure Category	Systolic mm Hg (upper #)		Diastolic mm Hg (lower #)
Normal	Less than 120	AND	Less than 80
Elevated	120 –129	AND	Less than 80
High Blood Pressure (Hypertension) Stage 1	130—139	OR	80 –89
High Blood Pressure (Hypertension) Stage 2	140 or higher	OR	90 or higher
Hypertensive Crisis (Emergency Care NEEDED)	Higher than 180	AND /OR	Higher than 110

MY SUPPORT TEAM

MY CLINIC: SOUTHSIDE CHS

My Provider: _____

My Chronic Condition Educator: _____

My Community Health Worker: _____

Phone: _____

My Patient Advocate: _____

MY CHART INFORMATION

Username: _____

Password: _____

CONTACT SOUTHSIDE

Phone: 612-827-7181

Fax: 612-767-4545

Website: www.southsidechs.org

REFERRALS

Name: _____

Reason: _____

Location: _____

Phone: _____

MY INSURANCE

Company: _____

ID Number: _____

OTHER SUPPORT

Filled out on: ___/___/_____

*Update this form once a year

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Introduction

Welcome to the Hypertension Program

We are excited to support you in the care of your chronic condition! As of now, you have completed the first step of your hypertension care. During your recent visit to the clinic, you had an elevated blood pressure reading. Due to this, your provider requested to see you for a blood pressure follow-up. Your provider also gave you this binder as well as a blood pressure monitor and blood pressure log to record your blood pressures daily. It is important that you check your blood pressure every day, ideally around the same time each day, and record the numbers in your log. This way, you will be able to show your provider your progress at your visits.

Now that you have joined the Hypertension Program, you will be receiving a call from Nurse Pilar or our dietician Ranelle within the next week. During this call, Pilar or Ranelle will welcome you to the program, review your recent appointment with your provider, and introduce you to the second part of the program.

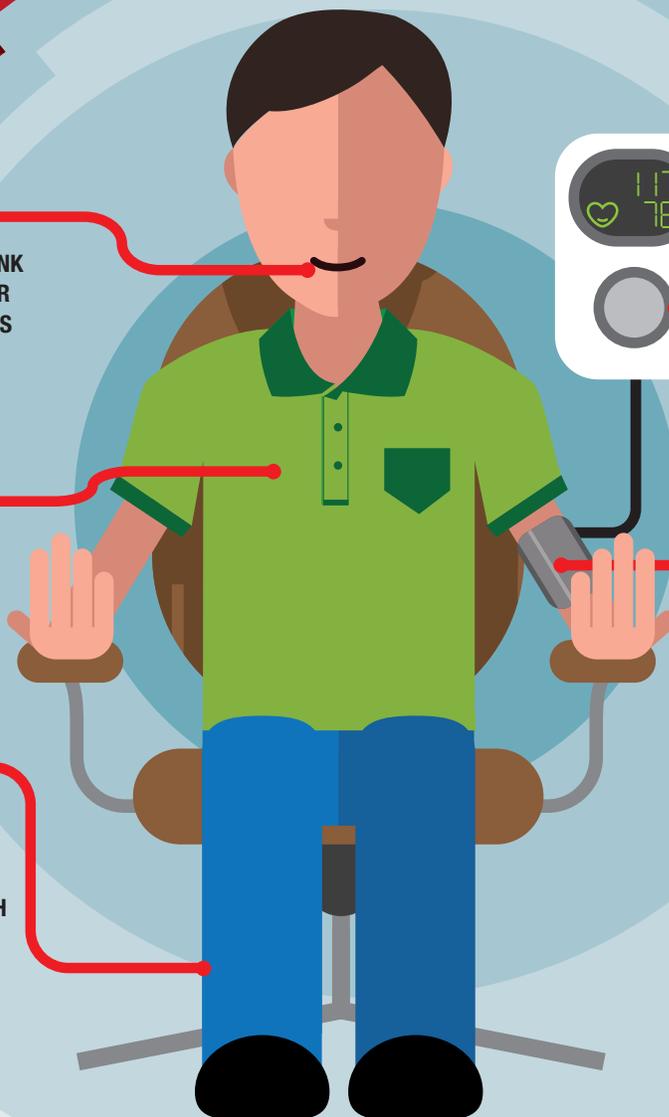
In the second part of the program, you will work closely with a Community Health Worker to assist and support you in your care. After talking with Pilar or Ranelle, one of our community health workers (Megan Nieto, Hilda Herrera, Angela Bowen, or Cathy Swoboda Krug) will call you and talk to you about how they will support you in your care. Your community health worker will assist you in four important areas of your hypertension care:

- Skill building – working to improve your routines and habits to better support your health
- Health education – teaching you how to promote, maintain, and restore health in all aspects of your life
- Social Determinant of Health – connecting you with resources in your community that will be valuable for you and your needs
- Support system – connecting you with other Southside patients to create support groups that interact through WhatsApp and meetings to support one another in improving your blood pressures

Finally, in this binder, you will find many resources to help you in the care of your hypertension. These resources contain information concerning how you can use your diet, exercise, medications, and blood pressure monitor to control your blood pressure. We hope you will utilize these resources to educate and empower yourself in your journey to a healthier lifestyle.



BLOOD PRESSURE MEASUREMENT INSTRUCTIONS



DON'T SMOKE, EXERCISE, DRINK CAFFEINATED BEVERAGES OR ALCOHOL WITHIN 30 MINUTES OF MEASUREMENT.

TAKE AT LEAST TWO READINGS 1 MIN. APART IN MORNING BEFORE TAKING MEDICATIONS, AND IN EVENING BEFORE DINNER. RECORD ALL RESULTS.

REST IN A CHAIR FOR AT LEAST 5 MINUTES WITH YOUR LEFT ARM RESTING COMFORTABLY ON A FLAT SURFACE AT HEART LEVEL. SIT CALMLY AND DON'T TALK.

USE PROPERLY CALIBRATED AND VALIDATED INSTRUMENT. CHECK THE CUFF SIZE AND FIT.

MAKE SURE YOU'RE RELAXED. SIT STILL IN A CHAIR WITH YOUR FEET FLAT ON THE FLOOR WITH YOUR BACK STRAIGHT AND SUPPORTED.

PLACE THE BOTTOM OF THE CUFF ABOVE THE BEND OF THE ELBOW.

American Heart Association recommended blood pressure levels

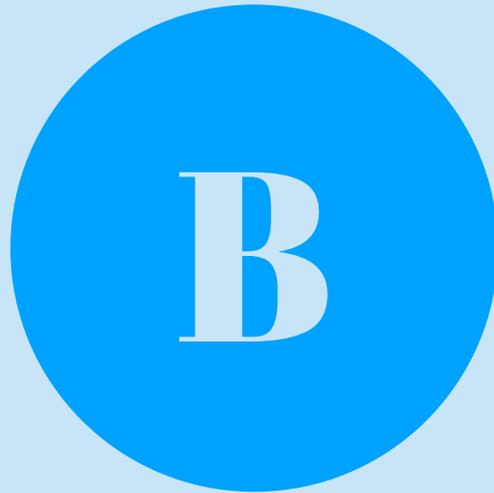
BLOOD PRESSURE CATEGORY	SYSTOLIC mm Hg (upper number)		DIASTOLIC mm Hg (lower number)
NORMAL	LESS THAN 120	and	LESS THAN 80
ELEVATED	120-129	and	LESS THAN 80
HIGH BLOOD PRESSURE (HYPERTENSION) STAGE 1	130-139	or	80-89
HIGH BLOOD PRESSURE (HYPERTENSION) STAGE 2	140 OR HIGHER	or	90 OR HIGHER
HYPERTENSIVE CRISIS (consult your doctor immediately)	HIGHER THAN 180	and/or	HIGHER THAN 120



* Wait a few minutes and take blood pressure again. If it's still high, contact your doctor immediately.

LEARN MORE AT HEART.ORG/HBP

Section



Goals

Patient Identifier: _____

Date of Service: _____



CHW Solutions

Goal #1

Circle one: **Clinical** **Patient**

Goal:

Obstacles to goal:

Intervention:

Progress:

Goal #2

Circle one: **Clinical** **Patient**

Goal:

Obstacles to goal:

Intervention:

Progress:

Goal #3

Circle one: **Clinical** **Patient**

Goal:

Obstacles to goal:

Intervention:

Progress:

Section



**High Blood Pressure
Medications**



My Medications



Name	Can I open it?	Can I read the label?	What is this medicine for?	Dose	When do I take it?	Do I know how to get refills?

Medication Questionnaire

Date:

Are you having problems getting your medications?

Yes

No

If yes, why?

Do you have problems paying for your medications?

Yes

No

If yes, what can you afford?

Are you having any side effects from your medications?

Yes

No

If yes, describe:

Do you use more than one pharmacy to get your medications?

Yes

No

If yes, please list all pharmacies:

Notes:

HOW DO I GET MORE OF MY MEDICINE?

1. DETERMINE IF YOU HAVE REFILLS AVAILABLE

Look at the label on your medicine bottle, and find the spot that says "refills".

2. If your bottle label says you do have refills as in the following example...



...CALL YOUR PHARMACY

- Find your pharmacy's phone number on your medication label or on the internet.
- Call your pharmacy, and ask for a refill on your prescription.
- The pharmacist may ask for your prescription number which can be found on the medication label.

3. If your bottle label says you do NOT have refills as in the following example...

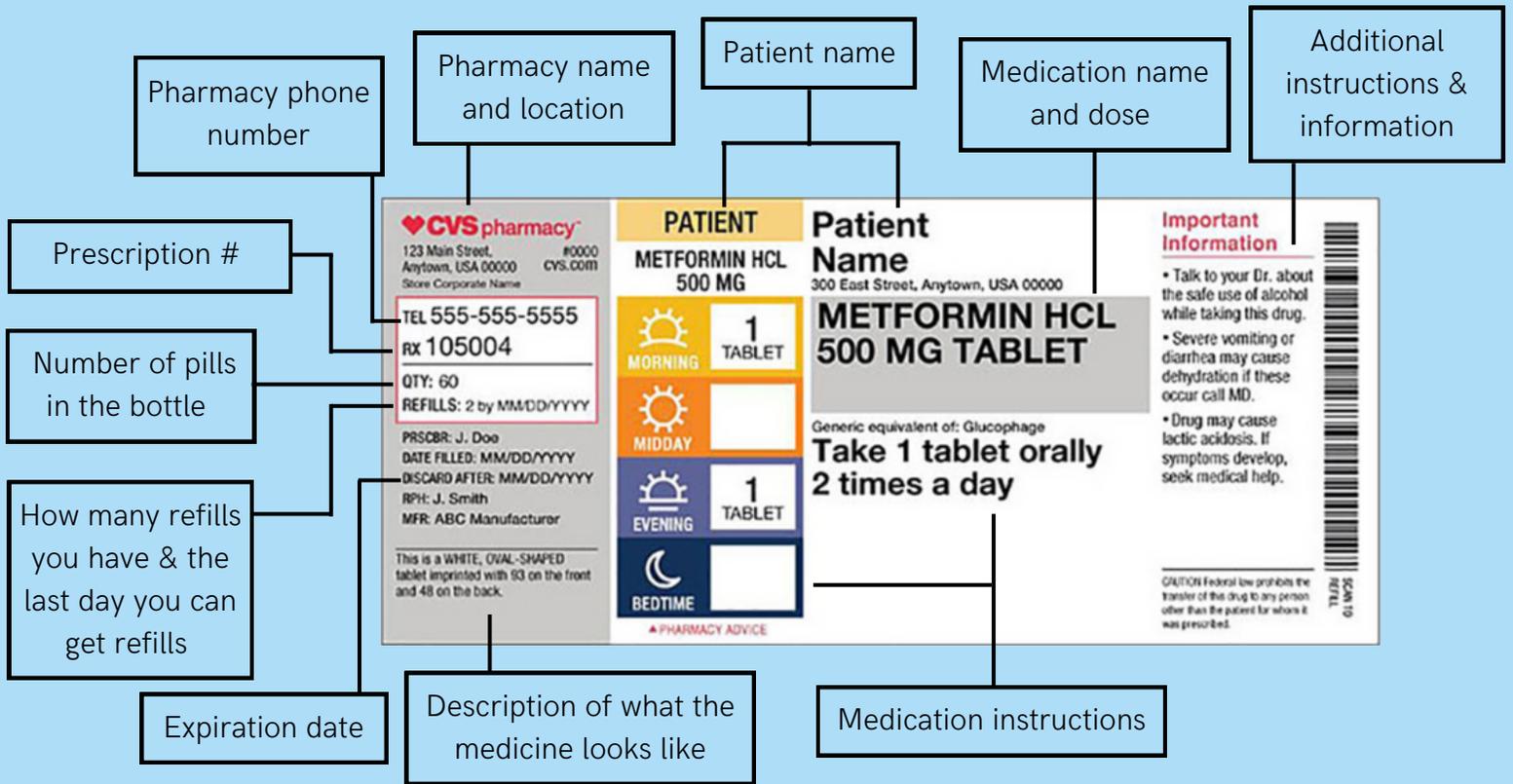


...CONTACT YOUR CLINIC

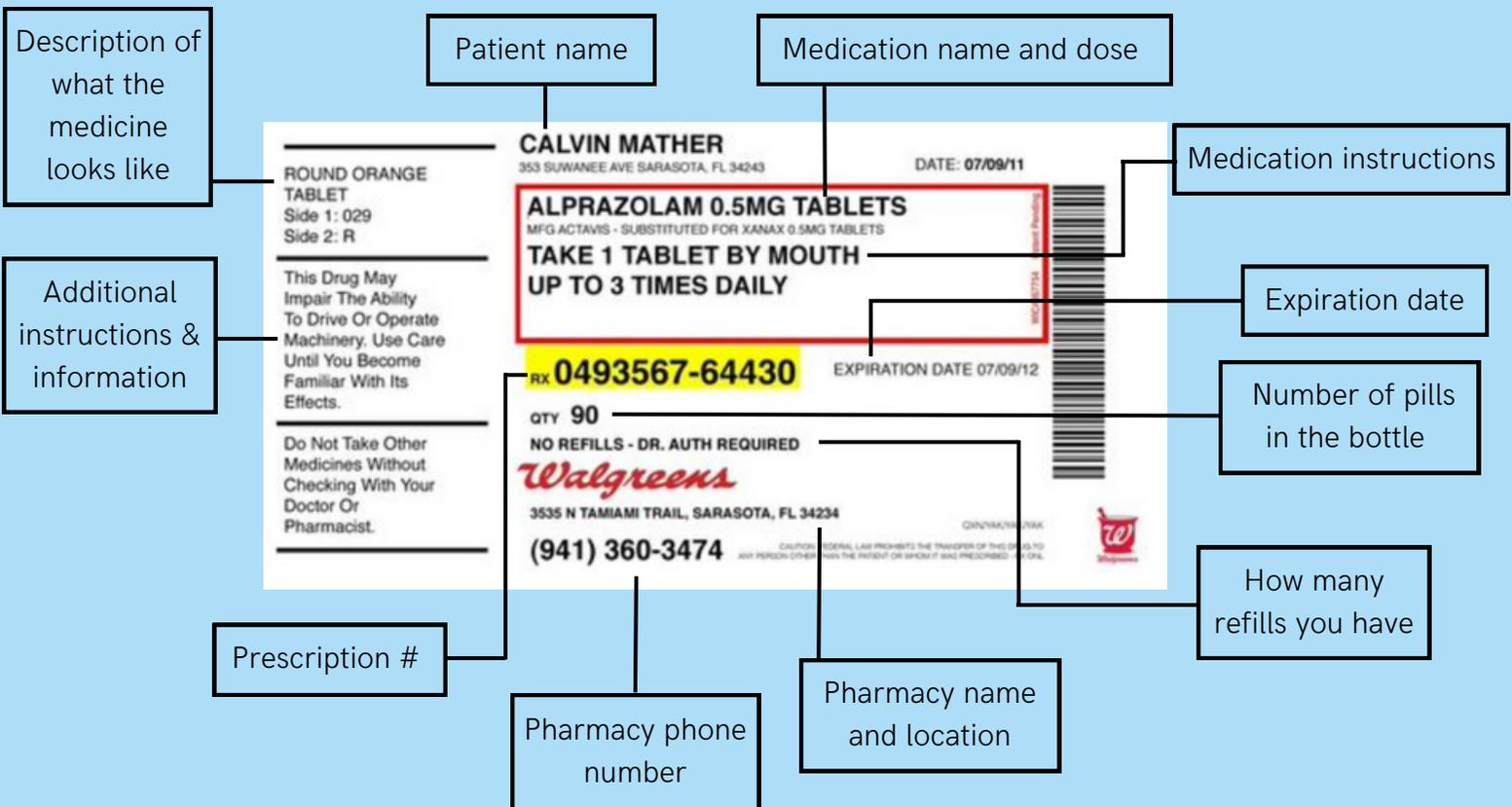
- Call Southside CHS at 612-827-7181, and ask to get a new prescription for your medication.
- Alternatively, you can leave your provider a message in your My Chart account asking for a new prescription for your medication.
- If you got this medicine from another clinic, call the number for that clinic, and ask for a new prescription.

HOW TO READ YOUR MEDICINE LABELS

CVS EXAMPLE

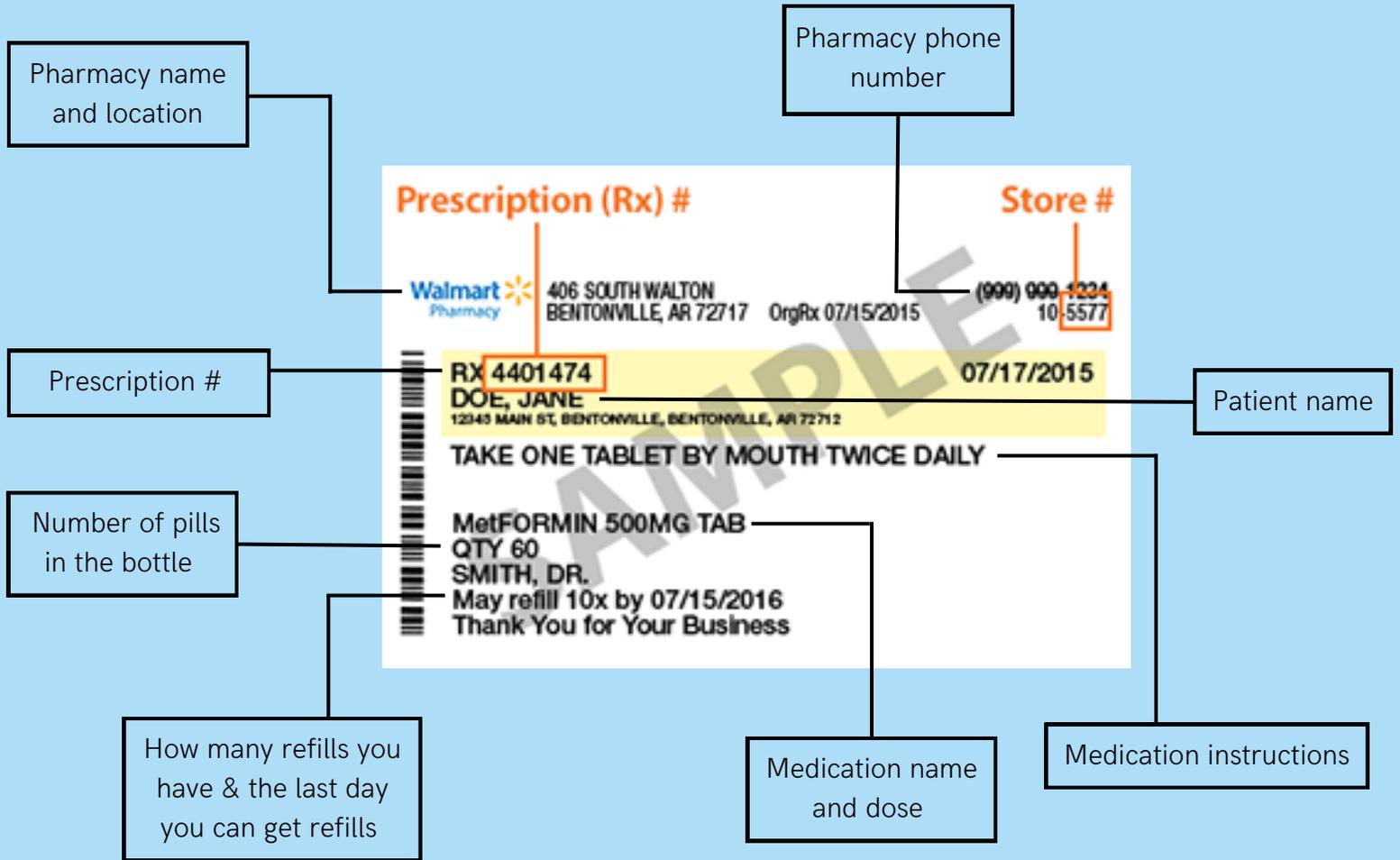


WALGREENS EXAMPLE



HOW TO READ YOUR MEDICINE LABELS

WALMART EXAMPLE



HOW TO MAKE YOUR MEDICATIONS MORE AFFORDABLE

Use GoodRx



GoodRx is a free app/website that allows you to compare discounted prices for prescription medications at local pharmacies.

How to use it:

1. Download the GoodRx app from the Apple Store or Google Play, or go to the GoodRx website at www.goodrx.com.
2. Use the search bar to type in and find the medication you are looking for.
3. Enter your location.
4. Compare the prices at nearby pharmacies.
5. Show the coupon to the pharmacist with your prescription to get the discounted medication.

Use Cost Plus Drug Company



Cost Plus Drugs allows you to order your prescriptions online with significantly cheaper prices by cutting out the middlemen.

How to use it:

1. Go to the Cost Plus Drugs website at costplusdrugs.com.
2. Create an account.
3. Ask your provider to send your prescriptions to Cost Plus Drugs' partner pharmacy.
4. Place your order through Cost Plus Drugs.
5. Receive your medications in the mail.

Apply for Southside's Drug Assistance Program

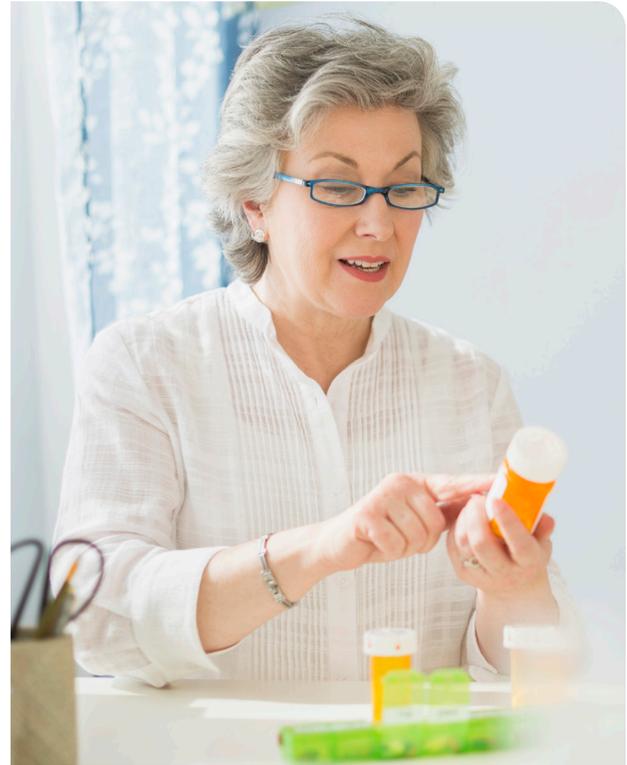


Southside's Drug Assistance Program is sponsored by drug companies and available for low-income, uninsured patients. This program helps patients to get free or low-cost, brand-name medications. If you are eligible and interested in this program, ask your provider about applying at your next visit. Your provider will help to connect you with Southside's Patient Advocates (Geraldine and Yuri) to begin the application.

What is High Blood Pressure Medicine?

Your health care professional has prescribed medicine to help lower your blood pressure. Depending on your risk and blood pressure levels, you may need one or more types of medicine to keep your blood pressure at a healthy level.

You may have to see your health care professional often until your blood pressure is under control. Every person reacts differently to medication. You may need a trial period before your doctor finds the best medication, or combination of medications, for you.



Taking your medication the way your health care professional tells you to is key to reducing your blood pressure.

What should I know about high blood pressure medication?

- Different medications work in unique ways to help lower your blood pressure.
- HBP medication only works when you take it as prescribed.
- Medication shouldn't be stopped without your health care professional's approval.
- Even after your blood pressure is lowered, treatment usually continues for your lifetime to keep your blood pressure normal.

What types of medication may be prescribed?

One or more of these medications are initially used to treat high blood pressure:

- Diuretics – help control blood pressure by removing excess sodium (salt) and water from your body through urination. These are sometimes called “water pills.”

- Angiotensin-converting enzyme (ACE) inhibitors, angiotensin II receptor blockers (ARBs) and calcium channel blockers – relax and open up the narrowed blood vessels and lower blood pressure.

What are the side effects?

Some HBP medications can affect certain body functions. This may result in side effects. But the benefits of using them outweigh the risk of side effects in most people.

Some of the common side effects that may occur include:

- Weakness, tiredness or drowsiness
- Cough
- Erectile dysfunction
- Muscle cramps
- Trouble sleeping
- Headache, dizziness or light-headedness
- Slow or fast heartbeat
- Constipation or diarrhea
- Skin rash
- Feeling thirsty

(continued)



What is High Blood Pressure Medicine?

If you are having side effects, don't stop taking your medication to avoid them. Your health care professional can work with you to find the medication or dose that works best for you.

How can I remember to take my medication?

Sometimes it's hard to keep track of your medication. But to be safe, you must take it properly. These are some good ways:

- Take your medicine at the same time each day.
- Take medicine along with daily events such as brushing your teeth.
- Use a weekly pill box with separate sections for each day or time of day.
- Ask family and friends to help remind you.
- Use a medicine calendar.
- Set a reminder on your smartphone.



HOW CAN I LEARN MORE?

- 1 Call 1-800-AHA-USA1 (1-800-242-8721), or visit heart.org to learn more about heart disease and stroke.
- 2 Sign up for our monthly *Heart Insight* e-news for heart patients and their families at HeartInsight.org.
- 3 Connect with others sharing similar journeys with heart disease and stroke by joining our Support Network at heart.org/SupportNetwork.

Do you have questions for your doctor or nurse?

Take a few minutes to write down your questions for the next time you see your health care professional.

For example:

Should I avoid any foods or medicines?

What reactions or side effects should I expect?

MY QUESTIONS:

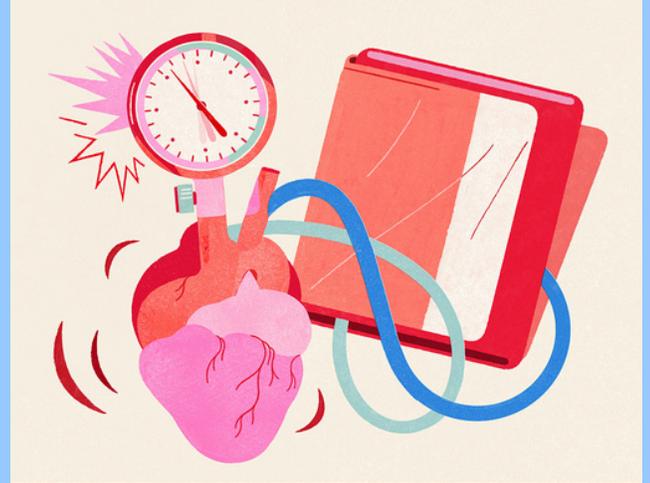
We have many other fact sheets to help you make healthier choices to reduce your risk for heart disease, manage your condition or care for a loved one. Visit heart.org/AnswersByHeart to learn more.

High Blood Pressure Medications

How do blood pressure medications work?

Blood pressure medications lower your blood pressure by...

- Causing your body to get rid of water decreasing the salt and water in the body to a healthy level
- Causing your blood vessels to relax
- Causing your heart to beat with less force
- Blocking the nerve activity that can cause your blood vessels to constrict



Benefits

Control your blood pressure

Lower your risk for heart disease, heart attacks, and strokes

Risks

The risks of blood pressure medicines are low.

However, all medications have risks. Talk to your provider if you have any concerns.

Side Effects

Some people have mild side effects including dizziness, headaches, leg or feet swelling, or stomach problems

What to ask to understand your medication:

- What is the name of the medication? Is this the brand name or generic?
- What does the medicine do?
- How and when do I take it? For how long should I take it?
- Should I take it with food or on an empty stomach?
- Should I avoid any food, drinks, activities, or other medications while taking this medicine?
- What happens if I miss a dose?
- How often do I have to refill the medicine?
- How will I know if it is working?
- What are the risks of taking it? The risks of not taking it?
- Are there any less expensive medicines that work for my condition?
- Is there any written information available for this medicine?



MY DAILY MED. TRACKER

MED NAME: _____ INSTRUCTIONS: _____ MONTH: _____

SUN	MON	TUE	WED	THU	FRI	SAT
<input type="checkbox"/>						
<input type="checkbox"/>						
<input type="checkbox"/>						
<input type="checkbox"/>						
<input type="checkbox"/>						

Tips to Remember Your Medications

- Take your medications at the same time everyday
- Take your medications at the same time as other daily events like brushing your teeth
- Ask family and friends to remind you
- Use pill containers and/or pill bottle timer caps
- Keep a medicine calendar near your medications and write down when you take each dose
- Keep a white board with a list of your medications and mark down when you take each medicine each day
- If you use a commercial pill dispenser, make sure to refill it at the same time each week
- If you are frequently away from home, make sure you pack enough medications

How to Safely Take Your Medications

- Store your medications as your provider or pharmacist recommends. Keep medicines away from heat, light, and moisture.
- Be sure to tell your provider about any side effects you are having or if you feel the medication is not working. However, never stop taking the medication without talking to your provider first.
- Do not stop taking your blood pressure medication if your blood pressure is normal, that means the medication is working.
- Since some medications should only be taken whole, ask your provider before crushing or splitting your medicine.
- Do not share your medication with anyone else as the medication may be harmful for them.
- Tell your provider about all prescriptions, over-the-counter medications, nutritional supplements, or herbal remedies you use and always consult your provider before starting a new medication or remedy.
- If your medication routine is too complicated, ask your provider if there is way to simplify it.
- If your medication is too expensive, ask about financial assistance or cheaper alternatives.

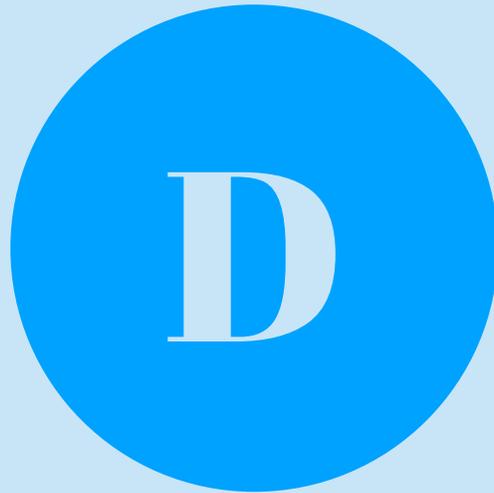
What is medication compliance?

Following the medication recommendations of your provider: including which medications to take, how much, when, and for how long.

Compliance is important because if medications are not taken as prescribed, they may not work, patients may experience side effects, or one medication may counteract another.

As a patient, you may feel more comfortable adhering to your medication plan if you get involved in treatment decisions, ask questions when they arise, and follow up with your provider.

Section



**High Blood Pressure
Information**

How to measure your blood pressure at home

TARGET:BP™



Follow these steps for an accurate blood pressure measurement

1. PREPARE

Avoid caffeine, smoking and exercise for 30 minutes before measuring your blood pressure.

Wait at least 30 minutes after a meal.

If you're on blood pressure medication, measure your BP *before* you take your medication.

Empty your bladder beforehand.

Find a quiet space where you can sit comfortably without distraction.

2. POSITION



3. MEASURE

Rest for five minutes while in position before starting.

Take two or three measurements, one minute apart, twice daily for seven days.

Keep your body relaxed and in position during measurements.

Sit quietly with no distractions during measurements—avoid conversations, TV, phones and other devices.

Record your measurements when finished.

Content provided by





What is High Blood Pressure?

Blood pressure is the force of blood pushing against blood vessel walls. It is measured in millimeters of mercury (mm Hg).

High blood pressure (HBP) means the pressure in your arteries is higher than it should be. Another name for high blood pressure is hypertension.

Blood pressure is written as two numbers, such as 112/78 mm Hg. The top (systolic) number is the pressure when the heart beats. The bottom (diastolic) number is the pressure when the heart rests between beats.

Normal blood pressure is below 120/80 mm Hg. If you're an adult and your systolic pressure is 120 to 129, and your diastolic pressure is less than 80, you have **elevated blood pressure**. **High blood pressure** is a systolic pressure of 130 or higher, or a diastolic pressure of 80 or higher, that stays high over time.

High blood pressure usually has no signs or symptoms. That's why it is so dangerous. But it can be managed.

Nearly half of the American population over age 20, has HBP, and many don't even know it. Not treating high blood pressure is dangerous. High blood pressure increases the risk of heart attack and stroke.

Make sure you get your blood pressure checked regularly and treat it the way your health care provider advises.

BLOOD PRESSURE CATEGORY	SYSTOLIC mm Hg (upper number)		DIASTOLIC mm Hg (lower number)
NORMAL	LESS THAN 120	and	LESS THAN 80
ELEVATED	120-129	and	LESS THAN 80
HIGH BLOOD PRESSURE (HYPERTENSION) STAGE 1	130-139	or	80-89
HIGH BLOOD PRESSURE (HYPERTENSION) STAGE 2	140 OR HIGHER	or	90 OR HIGHER
HYPERTENSIVE CRISIS (consult your doctor immediately)	HIGHER THAN 180	and/or	HIGHER THAN 120

Am I at higher risk of developing HBP?

There are risk factors that increase your chances of developing HBP. Some you can control, and some you can't.

Those that can be controlled are:

- Cigarette smoking and exposure to secondhand smoke
- Diabetes
- Being obese or overweight
- High cholesterol
- Unhealthy diet (high in sodium, low in potassium, and drinking too much alcohol)
- Physical inactivity

Factors that can't be modified or are difficult to control are:

- Family history of high blood pressure
- Race/ethnicity
- Increasing age
- Gender (males)
- Chronic kidney disease
- Obstructive sleep apnea

Socioeconomic status and psychosocial stress are also risk factors for HBP. These can affect access to basic living needs, medication, health care providers, and the ability to adopt lifestyle changes.

(continued)



How can I tell I have it?

The only way to know if you have high blood pressure is to get it checked regularly by your health care provider.

For proper diagnosis of HBP, your health care provider will use an average based on two or more readings obtained on two or more visits.



What can I do about HBP?

- Don't smoke and avoid secondhand smoke.
- Reach and maintain a healthy weight.
- Eat a healthy diet that is low in saturated and trans fats and rich in fruits, vegetables, whole grains and low-fat dairy products. Aim to consume less than 1,500 mg/day of sodium (salt). Even reducing your daily intake by 1,000 mg can help.
- Eat foods rich in potassium. Aim for 3,500 – 5,000 mg of dietary potassium per day.
- Limit alcohol to no more than one drink per day if you're a woman or two drinks a day if you're a man.
- Be more physically active. Aim for 150 minutes of moderate-intensity physical activity or at least 75 minutes of vigorous physical activity per week, or a combination of both, spread throughout the week. Add muscle-strengthening activity at least two days per week for more health benefits.
- Take medicine the way your health care provider tells you.
- Know what your blood pressure should be and work to keep it at that level.

HOW CAN I LEARN MORE?

- 1 Call 1-800-AHA-USA1 (1-800-242-8721), or visit heart.org to learn more about heart disease and stroke.
- 2 Sign up to get *Heart Insight*, a free e-newsletter for heart patients and their families, at HeartInsight.org.
- 3 Connect with others sharing similar journeys with heart disease and stroke by joining our Support Network at heart.org/SupportNetwork.

Do you have questions for your doctor or nurse?

Take a few minutes to write down your questions for the next time you see your health care provider.

For example:

Will I always have to take medicine?

What should my blood pressure be?

MY QUESTIONS:

We have many other fact sheets to help you make healthier choices to reduce your risk, manage disease or care for a loved one. Visit heart.org/AnswersByHeart to learn more.



American Heart Association®

Check. Change. Control.®

Consequences of High Blood Pressure

High blood pressure is often the first domino in a chain or “domino effect” leading to devastating consequences, like:



STROKE

HBP can cause blood vessels in the brain to burst or clog more easily.



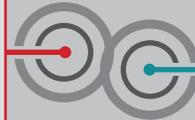
VISION LOSS

HBP can strain the vessels in the eyes.



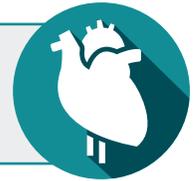
HEART FAILURE

HBP can cause the heart to enlarge and fail to supply blood to the body.



HEART ATTACK

HBP damages arteries that can become blocked.



KIDNEY DISEASE/ FAILURE

HBP can damage the arteries around the kidneys and interfere with their ability to effectively filter blood.



SEXUAL DYSFUNCTION

This can be erectile dysfunction in men or lower libido in women.



A simple blood pressure check is the first step to preventing the “domino effect.”

Learn more at heart.org/hbp.

LOWER YOUR BLOOD PRESSURE:

MAKE THE MOST OF YOUR APPOINTMENT WITH A HEALTH CARE PROFESSIONAL.

GETTING READY

How often do you check your blood pressure?

- Every day
- About once a week
- About once a month
- Rarely
- Never

If you measure your blood pressure, do you keep a log?

- Yes
- No

Are you taking your medications as prescribed?

- Yes
- Usually
- Sometimes
- No

OVERCOMING CHALLENGES

To get less salt in my diet, I'd like to (choose all that apply):

- Buy low sodium foods
- Taste before adding salt
- Use salt-free spices/herbs
- Check labels for sodium
- Cook at home more often

It's hard for me to manage my blood pressure because (choose all that apply):

- I don't like the way the medication makes me feel
- I'm having trouble getting my medication
- I'm having trouble changing my diet
- I can't easily exercise
- It's expensive
- I'm stressed/I don't feel well
- I forget what I need to do

During my appointment, I'd like to discuss (choose all that apply):

- My medications
- Checking my blood pressure at home
- Reducing salt in my diet
- Getting more exercise
- Managing my weight
- Quitting smoking

PLANNING FOR SUCCESS

During your appointment, refer to this guide and have ready:

1. A complete list of all your medications (including over the counter, vitamins, and herbal supplements)
2. A pen and paper to take notes

Today my BP is:

- _____
- Normal
 - Elevated
 - Stage 1
 - Stage 2

Notes:

My next appointment is on:

_____ @ _____



What Can I Do To Improve My Blood Pressure?

Modification	Recommendation	Approximate SBP Reduction Range
 Weight reduction	Maintain normal body weight (BMI=18.5-24.9 kg/m ²)	5 mm Hg
 DASH eating plan	Diet rich in fruits, vegetables, low fat dairy and reduced in fat	11 mm Hg
 Restrict sodium intake	<1500 mg of sodium per day	5-6 mm Hg
 Physical activity	Be more physically active. Aim for at least 90 to 150 minutes of aerobic exercise per week.	5-8 mm Hg
 Moderation of alcohol consumption	No more than 2 drinks/day for men and 1 drink/day for women	4 mm Hg

BP = Blood pressure, BMI = Body mass index, SBP = Systolic blood pressure, DASH = Dietary Approaches to Stop Hypertension



American Heart Association.

Ranges According to 2017 Hypertension Clinical Practice Guidelines
Recommendations for Treatment and Management of Hypertension



How Can I Reduce High Blood Pressure?

By treating high blood pressure, you can help reduce your risk for a stroke, heart attack, heart failure and kidney failure.

These are steps you can take now:

- Reach and maintain a healthy weight.
- Eat a heart-healthy diet that includes vegetables, fruits, whole grains, low-fat dairy products, poultry, fish, legumes, non-tropical vegetable oils and nuts. It should also limit sodium, sweets, saturated fats, sugar sweetened beverages and red meats.
- Be more physically active.
- Don't smoke and avoid secondhand smoke.
- Limit alcohol to no more than one drink per day for women or two drinks a day for men.
- Take your medication as prescribed.
- Know what your blood pressure should be and work to keep it at that level.



How can I lose weight?

In order to lose weight, you need to use up more calories than you eat and drink every day. Talk with your health care professional about a healthy eating and physical activity plan that will help you reach your weight loss goals. When you lose weight, your blood pressure often goes down! An initial weight loss goal of at least 5% will help reduce your blood pressure.

How do I limit sodium?

Aim for an ideal limit of less than 1,500 milligrams (mg) per day of sodium. Even cutting back by 1,000 mg a day can help improve your blood pressure and heart health.

You can reduce your sodium intake by:

- Reading the Nutrition Facts label on foods so you know how much sodium is in food products. Foods with 140 mg or less sodium per serving are considered low in sodium.
- Avoiding prepackaged, processed and prepared foods, which tend to be higher in sodium.

- Reducing salt in cooking and at the table. Learn to use herbs and salt-free spices instead.

How do I limit alcohol?

Ask your health care professional if you're allowed to drink alcohol, and if so, how much.

If you drink more than two drinks a day if you're male or more than one drink a day if you're female, it may add to high blood pressure. One drink is equal to 12 ounces of beer, 5 ounces of wine, 1.5 ounces of 80-proof distilled spirits or 1 ounce of 100-proof spirits.

If cutting back on alcohol is hard for you to do on your own, ask about groups that can help.

How can I be more active?

Regular physical activity helps to reduce blood pressure, control weight and reduce stress. It's best to start slowly

(continued)



How Can I Reduce High Blood Pressure?

and do something you enjoy, like taking brisk walks or riding a bicycle.

Aim for at least 150 minutes of moderate-intensity or 75 minutes of vigorous-intensity aerobic physical activity (or a combination of both) per week. Talk to your health care professional about a good plan for you.

What should I know about medication?

Depending on your risk and blood pressure levels, you may need one or more types of medication to keep your blood pressure at a healthy level. You may need a trial period before your doctor finds the best medication, or combination of medications, for you.

What's most important is that you take your medication exactly as prescribed. Never stop treatment on your own. If you have problems or side effects from your medication, talk to your health care professional.



HOW CAN I LEARN MORE?

- 1 Call 1-800-AHA-USA1 (1-800-242-8721), or visit [heart.org](https://www.heart.org) to learn more about heart disease and stroke.
- 2 Sign up for our monthly *Heart Insight* e-news for heart patients and their families at [HeartInsight.org](https://www.heartinsight.org).
- 3 Connect with others sharing similar journeys with heart disease and stroke by joining our Support Network at [heart.org/SupportNetwork](https://www.heart.org/SupportNetwork).

Do you have questions for your doctor or nurse?

Take a few minutes to write down your questions for the next time you see your health care professional.

For example:

Can I drink any alcohol?

How often should I check my blood pressure?

MY QUESTIONS:

We have many other fact sheets to help you make healthier choices to reduce your risk for heart disease, manage your condition or care for a loved one. Visit [heart.org/AnswersByHeart](https://www.heart.org/AnswersByHeart) to learn more.

Section



Diet and Nutrition



American Heart Association.

Healthy for Good™



REASONS TO ADD COLOR

Colorful, delicious and nutritious foods help keep our bodies and minds healthier, longer.

1. Lots of the Good

Fruits and vegetables provide many beneficial nutrients. Add fruits and vegetables to meals and snacks for a nutritional power boost.



2. Less of the Bad

Fruits and vegetables are typically free of trans fat, saturated fat and sodium. Load up!

3. Won't Weigh You Down

Fruits and vegetables are low in calories. They fill you up thanks to the fiber and water they contain, which can help manage your weight.



4. Super Flexible Super Foods

All forms of fruits and vegetables — fresh, frozen, canned and dried — can be part of a healthy diet. They are among the most versatile, convenient and affordable foods you can eat. Choose those with little or no added salt or sugar.

5. A Whole Body Health Boost

A healthy eating plan full of fruits and vegetables can help lower your risk of many serious and chronic health conditions, including heart disease, obesity, high blood pressure, diabetes and some types of cancer. They're also essential to your everyday health.





When you hear "salad," you may think of a boring bowl of lettuce and tomatoes. But salad can be so much more! With a few simple additions, it can be a delicious, healthy and inexpensive meal.

GRAINS
Adding cooked whole grains to your salad is a satisfying way to feel full longer! Try whole wheat couscous or pasta, barley, quinoa, or wild rice!

BUILD A HEALTHIER SALAD

Add sliced fresh or dried fruit — choose a rainbow of colors. Pears, apples, and berries are all super salad ingredients!

FRUITS

VEGGIES
Vegetables can add crunch and flavor to any salad! Try raw carrots, cucumbers, or broccoli. Roasted beets, potatoes, and squash add a little bit of sweetness.

PROTEINS

Adding protein to your salad will keep you feeling fuller longer. Try grilled chicken, salmon, tuna, a hard-boiled egg, or a small amount of cheese! Beans and unsalted nuts are other great options!

GREENS

Choose dark, leafy greens like romaine, spinach, or arugula. You can also add fresh herbs like basil, thyme, oregano, or mint for zesty flavor and extra nutrients!

QUICK TIPS

Choose lower-fat, lower-sodium cheeses such as mozzarella or Swiss.
Add canned and frozen produce with little salt and added sugar.
When adding ingredients, choose options low in sugar, fat, and sodium.
Frozen and canned ingredients work great. Be sure to drain, rinse and pat dry to help your greens stay crisp!

DRESSINGS

Make your own healthy dressing with oil, vinegar, and spices from your pantry! Jazz it up with fresh herbs, citrus juice, onions, garlic, or scallions. Taste-test as you add small amounts of ingredients until you find what you love!





American Heart Association.
Healthy for Good™

HOW **TOO MUCH** SODIUM AFFECTS YOUR *Health*

9 out of **10** Americans
consume too much sodium.



WHERE DOES SODIUM COME FROM?



More than

70%

comes from processed
and restaurant foods



10%

added while
cooking or eating



15%

occurs
naturally

Shake **OUT** Salt

Keep your sodium intake in check as
part of an overall heart-healthy eating
pattern that emphasizes:

- Variety of fruits and vegetables
- Whole grains
- Low-fat dairy products
- Skinless poultry and fish
- Nuts and legumes
- Non-tropical vegetable oils
- Limiting saturated fat, trans fat,
sodium, red meat, sweets and
sugary drinks

3,400 milligrams

amount of sodium an American
consumes on average in a day

1,500 milligrams
or less

recommended by the AHA
for ideal heart health

Your **HEALTH**

**Excess levels of sodium/salt
may put you at RISK for:**

ENLARGED HEART MUSCLE	HEART FAILURE
HEADACHES	HIGH BLOOD PRESSURE
KIDNEY DISEASE	KIDNEY STONES
OSTEOPOROSIS	STOMACH CANCER
STROKE	

**Excess levels of sodium/salt
may CAUSE:**

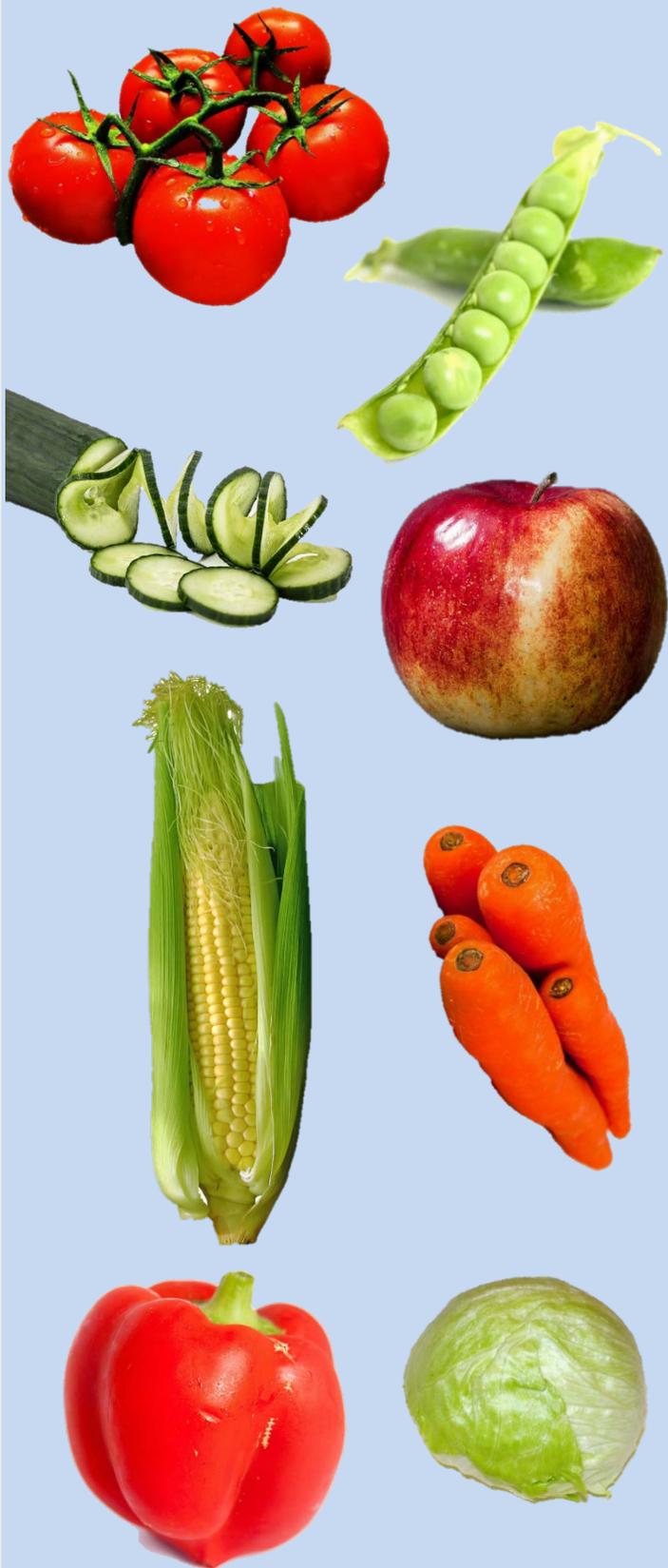
**INCREASED WATER RETENTION
THAT LEADS TO:**

- Puffiness
- Bloating
- Weight gain



LOW SODIUM DIET FRUITS & VEGETABLES

LOW



Low: Fresh fruits and vegetables are low in sodium.

HIGH



High: Canned vegetables and vegetable juices are high in sodium.

LOW SODIUM DIET MILK & DAIRY

LOW



Low: Fresh cheese, yogurt, low fat milk, and soymilk are low in sodium.

HIGH



High: Processed cheese spreads, cottage cheese, and blue cheese are high in sodium.

LOW SODIUM DIET MEAT & PROTEIN

LOW



Low: Meats, like chicken, salmon, low-sodium tuna, and red meat, and other sources of protein, like eggs, unsalted peanut butter, beans, and tofu, are low in sodium.

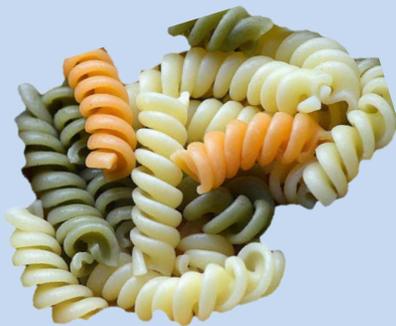
HIGH



High: Cured and processed meat products are high in sodium.

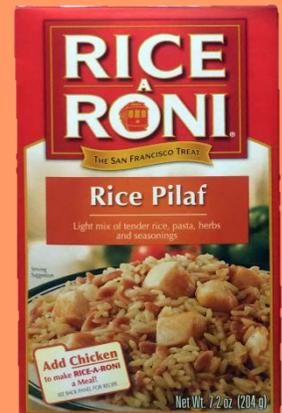
LOW SODIUM DIET CEREAL & STARCHES

LOW



Low: Plain rice, oats, breads, pastas, and potatoes are lower in sodium.

HIGH



High: Crackers, chips, pretzels, and packaged meals with flavors are high in sodium.

LOW SODIUM DIET

FATS

LOW



HIGH



Low: Unsalted butter and margarine, olive oil, and light sour cream are low in sodium.

High: Salted butter, flavored salad dressings, bacon, and gravy mixes are high in sodium.

LOW SODIUM DIET SEASONING

LOW



Low: Natural seasonings, like lemon, garlic, onion, and basil, and unsalted dry spices, like oregano, cayenne pepper, and Mrs. Dash, are low in sodium. Low-sodium soup bases have less sodium than regular soup bases.

HIGH



High: Pre-made seasoning mixes, flavored salts, and chicken bouillon are high in sodium.

LOW SODIUM DIET SAUCES

LOW



Low: Oil, vinegar, and low-sodium sauces are low in sodium.

HIGH



High: Many prepared salad dressings, tomato sauces, regular soy sauce, and other seasoned sauces are high in sodium.

LOW SODIUM DIET OTHER

LOW



Low: Cook meals at home without adding salt. Unsalted nuts are low in sodium.

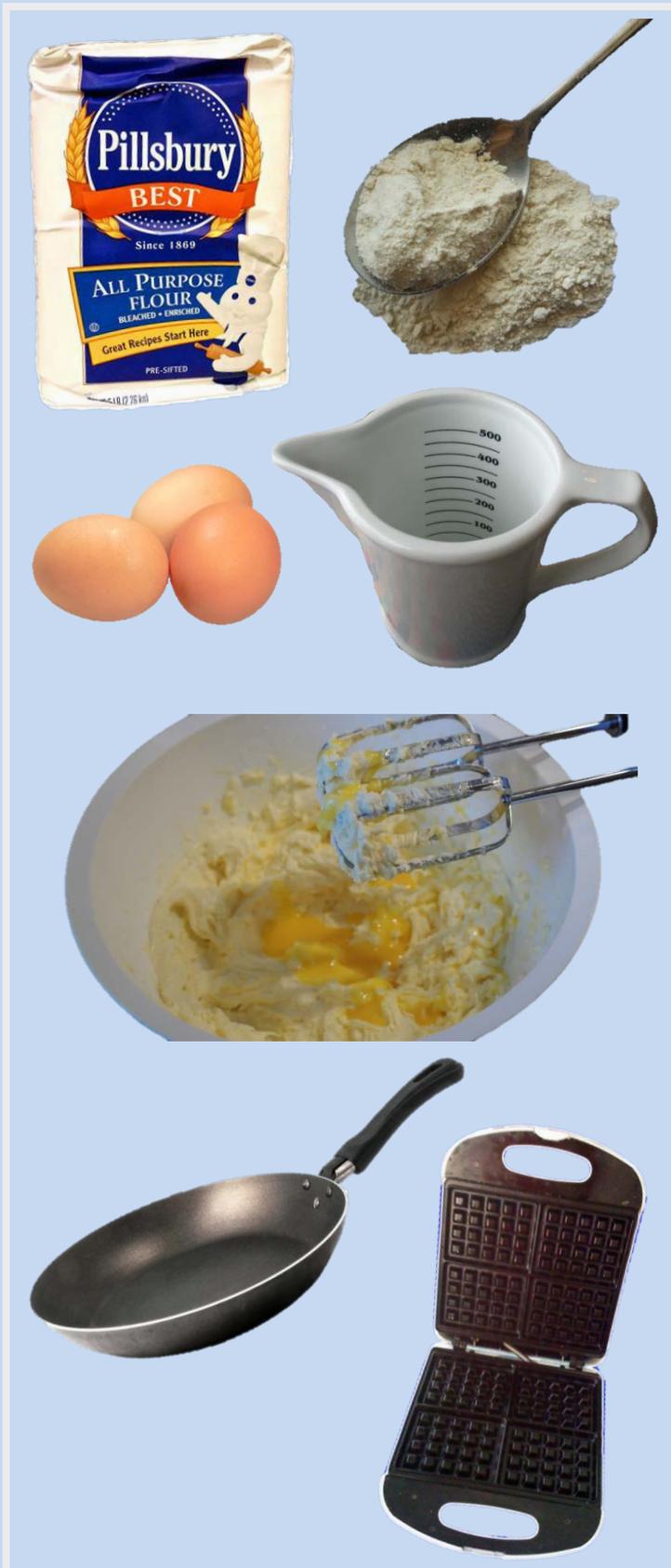
HIGH



High: Packaged and canned soups and salted nuts are high in sodium.

LOW SODIUM DIET WAFFLES & PANCAKES

LOW



Low: Homemade waffles and pancakes without added salt have less sodium.

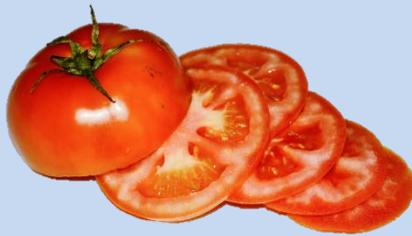
HIGH



High: Packaged waffle and pancake mixes are high in sodium.

LOW SODIUM DIET HOME COOKED VS. RESTAURANT

LOW



17 mg



172 mg

1 mg

1 mg

176 mg

63 mg

413 mg

HIGH

680-1050 mg



270-350 mg



Low: Cook at home without adding salt. Homemade burgers and fries without added salt are low in sodium.

High: Fast food restaurants serve foods high in sodium.

LOW SODIUM DIET READING LABELS

LOW

Nutrition Facts

Serving Size 5 crackers (14g)
Servings Per Container About 32

Calories 60
Calories from Fat 10

Amount Per Serving	% Daily Value*
Total Fat 1g	2%
Saturated Fat 0.5g	1%
Trans Fat 0g	
Polyunsaturated Fat 0.5g	
Monounsaturated Fat 0g	
Cholesterol 0mg	0%
Vitamin A 0%	Vitamin C 0%

Amount Per Serving	% Daily Value*
Sodium 115mg	5%
Total Carbohydrate 10g	3%
Dietary Fiber less than 1g	2%
Sugars 0g	
Protein 1g	
Calcium 2%	Iron 4%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories: 2,000	2,500
Total Fat	Less than 65g	80g
Sat Fat	Less than 20g	25g
Cholesterol	Less than 300mg	300mg
Sodium	Less than 2,400mg	2,400mg
Total Carbohydrate	300g	375g
Dietary Fiber	25g	30g

Sodium 115mg 5%

Nutrition Facts

Serving Size 1 medium apple (154g)
Servings Per Container varied

Amount Per Serving	% Daily Value*
Calories 80	Calories from Fat 0
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Potassium 170mg	5%
Total Carbohydrate 22g	7%
Dietary Fiber 4g	15%
Sugars 16g	
Protein 0g	

Sodium 0mg 0%

HIGH

Sodium 910mg 38%

Nutrition Facts

Serving Size 1.5 oz (42g/about 1/2 dry noodle block and 1 tsp seasoning mix)

Servings Per Container 2

Calories 190
Calories from Fat 60

Amount/serving	%DV*
Total Fat 7g	11%
Saturated Fat 3.5g	18%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 910mg	38%
Vitamin A 0%	Vitamin C 0%

Amount/serving	%DV*
Total Carbohydrate 26g	9%
Dietary Fiber 2g	8%
Sugars less than 1g	
Protein 5g	
Calcium 0%	Iron 10%

* Percent Daily Values (DV) are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories: 2,000	2,500
Total Fat	Less than 65g	80g
Sat. Fat	Less than 20g	25g
Cholesterol	Less than 300mg	300mg
Sodium	Less than 2,400mg	2,400mg
Total Carbohydrate	300g	375g
Dietary Fiber	25g	30g

INGREDIENTS: ENRICHED FLOUR (WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), PALM OIL, **SALT**, **MONOSODIUM GLUTAMATE**, HYDROLYZED CORN PROTEIN, POWDERED CHICKEN, ONION POWDER, GARLIC POWDER, SPICE AND COLOR, **SODIUM CARBONATE**, MALTODEXTRIN, CALCIUM SILICATE, **SODIUM TRIPOLYPHOSPHATE**, HYDROLYZED SOY PROTEIN, WHEAT, SOYBEAN SUGAR, AUTOLYZED YEAST EXTRACT, RENDERED CHICKEN FAT, DRIED LEEK FLAKE, CITRIC ACID, NATURAL AND ARTIFICIAL FLAVOR, **DISODIUM GUANYLATE**, **DISODIUM INOSINATE**, **SODIUM ALGINATE**, TBHQ (PRESERVATIVE), POTASSIUM CARBONATE.

SODIUM ALGINATE,

SODIUM CARBONATE,

MONOSODIUM GLUTAMATE,

DISODIUM GUANYLATE,

SALT,

SODIUM TRIPOLYPHOSPHATE,

DISODIUM INOSINATE,

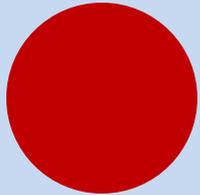
Low: When reading labels, look at the % Daily Value. Choose foods with less sodium than 20% per serving.

High: There are many sources of sodium. Review the ingredients list for sodium.

LOW SODIUM DIET

ONE DAY OF SODIUM

LOW



2300 mg per day



EXAMPLES



1 mg



333 mg

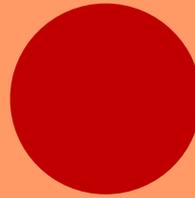


132 mg

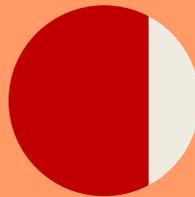


HIGH

2225 mg per can



1650 mg per can



Low: Low-sodium foods naturally contain the amount of sodium our bodies need throughout the day.

High: Many high-sodium foods contain our daily limit of sodium in one serving.



SIP SMARTER

Replace sweetened drinks to cut back on added sugars and empty calories.

REPLACE SUGARY BEVERAGES...

- full-calorie soft drinks
- energy/sports drinks
- sweetened “enhanced water” drinks
- sweet tea
- sweetened coffee drinks

WITH BETTER CHOICES!

- The best thing you can drink is water! Try it plain, sparkling or naturally flavored with fruit or herbs.
- Drink coffee and tea without added sugars for a healthier energy boost.
- For adults, diet drinks may help replace high-calorie sodas and other sugary drinks.

THE FACTS MAY SURPRISE YOU.

Most Americans consume nearly **20 TEASPOONS** of added sugars **EACH DAY.**

That’s more than **TRIPLE** the recommended daily limit for women and **DOUBLE** for men!

Sugar-sweetened beverages like soda and energy/sports drinks are the

#1 SOURCE OF ADDED SUGARS IN OUR DIET.

A can (12 FL OZ) of regular soda has about **150 CALORIES AND 10 TEASPOONS** of added sugar.

TRY THESE TIPS TO QUENCH YOUR THIRST WITH LESS ADDED SUGARS



START CUTTING BACK.

Take steps to reduce or replace sugary drinks in your diet:

REPLACE most of your drinks with water.

REDUCE the amount of sugar in your coffee or tea gradually until your taste adjusts to less sweetness.

ADD plain or sparkling water to drinks to keep some of the flavor with less added sugars per servings.



CHOOSE WATER.

Make water the easy, more appealing go-to choice:

CARRY a refillable water bottle.

ADD a splash of 100% fruit juice or slices of citrus, berries and even cucumbers for a boost of flavor.

TRY seltzer, club soda or sparkling water if you crave the fizz.



MAKE IT AT HOME.

Family favorites like hot chocolate, lemonade, smoothies, fruit punch, chocolate milk and coffee drinks easily can be made at home with less added sugars.

START WITH UNSWEETENED beverages, then flavor to taste with additions like fruit, low-fat or fat-free milk, and herbs and spices.

Get great recipes for beverages and more at [HEART.ORG/RECIPES](https://www.heart.org/recipes).



READ THE LABEL, AND CHOOSE WISELY.

Some drinks that appear to be healthy may be high in calories and added sugars. Check servings per container and ingredients list.

Added sugars go by many names, including sucrose, glucose, maltose, dextrose, high fructose corn syrup, cane syrup, concentrated fruit juice, agave nectar and honey.

EAT SMART ADD COLOR MOVE MORE BE WELL

FOR MORE TIPS ON HEALTHY EATING, COOKING AND RECIPES: [HEART.ORG/EATSMART](https://www.heart.org/eatsmart)

Section



Exercise and Stress



American Heart Association

Healthy for Good™

How much **physical activity** do you need?

Here are the American Heart Association recommendations for adults.



Fit in 150+

Get at least 150 minutes per week of moderate-intensity aerobic activity or 75 minutes per week of vigorous aerobic activity (or a combination of both), preferably spread throughout the week.



Move More, Sit Less

Get up and move throughout the day. Any activity is better than none. Even light-intensity activity can offset the serious health risks of being sedentary.



Add Intensity

Moderate to vigorous aerobic exercise is best. Your heart will beat faster, and you'll breathe harder than normal. As you get used to being more active, increase your time and/or intensity to get more benefits.



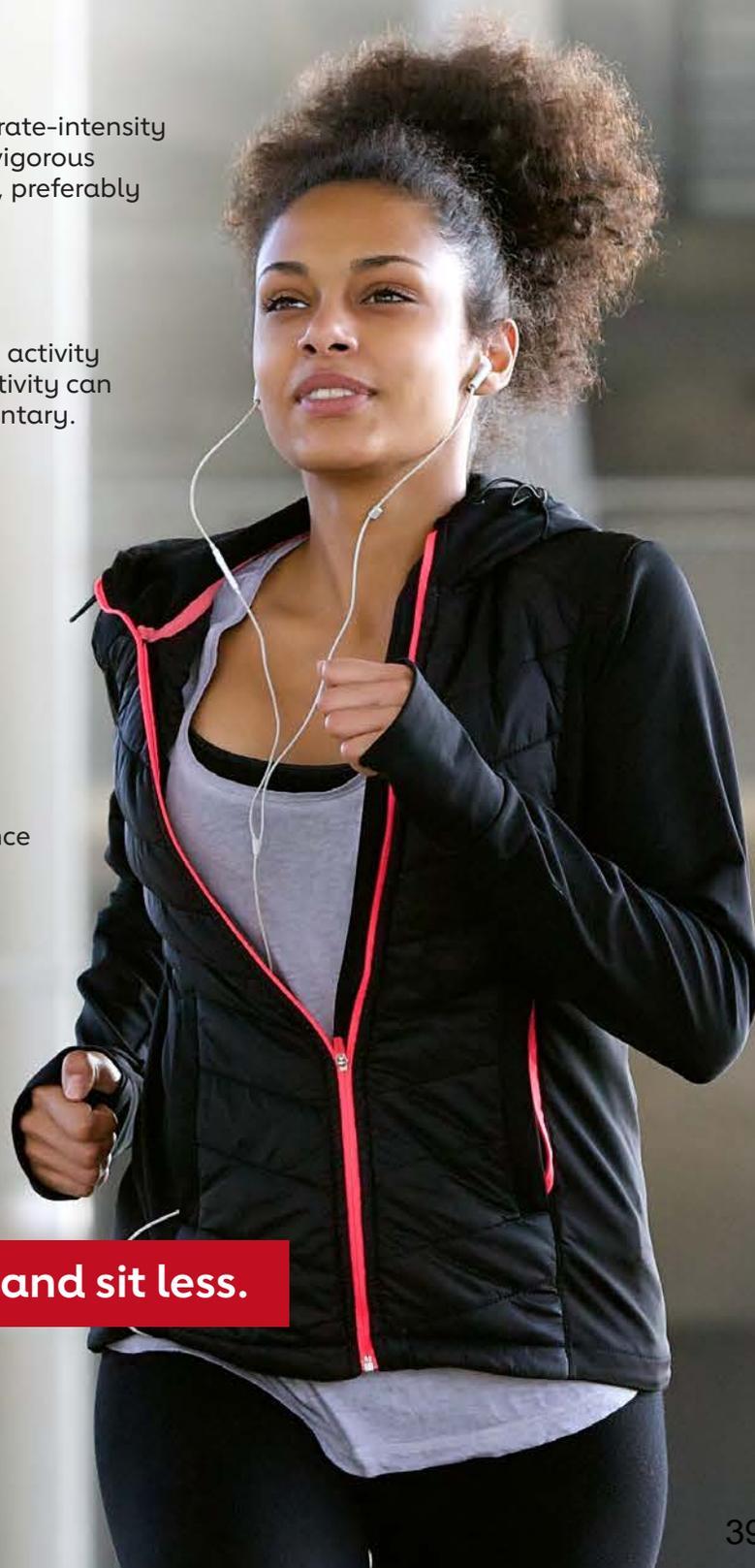
Add Muscle

Include moderate- to high-intensity muscle-strengthening activity (like resistance or weight training) at least twice a week.



Feel Better

Physical activity is one of the best ways to keep your body and brain healthy. It relieves stress, improves mood, gives you energy, helps with sleep and can lower your risk of chronic disease, including dementia and depression.



Move more, with more intensity, and sit less.

Find out how at heart.org/movemore.



American Heart Association

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CHOOSE YOUR OWN WORKOUT

Circuits can be a great way to work out and reduce stress without any special equipment

TO BUILD YOUR CIRCUIT, CHOOSE 3-4 EXERCISES FROM EACH CATEGORY:

Alternate cardio and strength exercises in short bursts of 30 seconds and 3 minutes, then repeat the circuit two to three times.



CARDIO EXERCISES

- Jumping Jacks
- Squat Jumps
- Jogging or Marching in Place
- Stair-Climbing or Step-Ups
- High Knees
- Mountain Climbers
- Star Jumps
- Burpees



STRENGTHENING AND STABILITY EXERCISES

- Plank and Side Plank
- Pushups
- Sit-Ups or Crunches
- Hip Lift or Bridge Position
- Tricep Dips on a Chair
- Lunges
- Squats or Chair Position
- Wall Sits



Learn more ways to add activity to your routine at heart.org/HealthyForGood

EAT SMART **MOVE MORE** **BE WELL**



American Heart Association®

Healthy for Good™

FIGHT STRESS WITH HEALTHY HABITS

1. **Slow down.**

Plan ahead and allow enough time to get the most important things done without having to rush.

2. **Snooze more.**

Try to get seven to nine hours of sleep each night. To fight insomnia, add mindfulness and activity.

3. **Let worry go.**

The world won't end if a few things fall off of your plate. Give yourself a break and just breathe.

4. **Laugh it up.**

Laughter makes us feel good. Don't be afraid to laugh out loud, even when you're alone.

5. **Get connected.**

A daily dose of friendship is great medicine. Make time to call friends or family so you can catch up.

6. **Get organized.**

Use "to do" lists to help you focus on your most important tasks and take big projects one step at a time.

7. **Practice giving back.**

Volunteer your time or spend time helping out a friend. Helping others helps you.

8. **Be active every day.**

Exercise can relieve mental and physical tension. Find something you think is fun and stick with it.

9. **Give up the bad habits.**

Too much alcohol, tobacco or caffeine can increase blood pressure. Cut back or quit to decrease anxiety.

10. **Lean into things you can change.**

Make time to learn a new skill, work toward a goal, or to love and help others.

Learn more at heart.org/HealthyForGood

Section

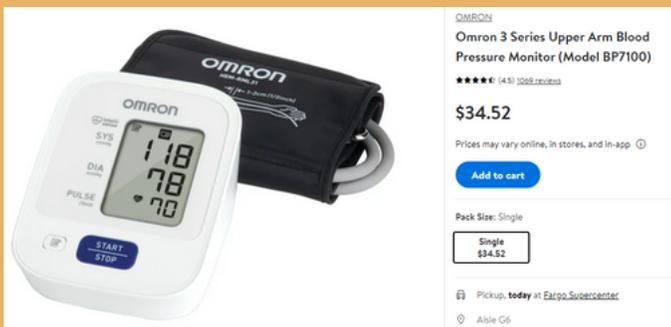


Additional Information

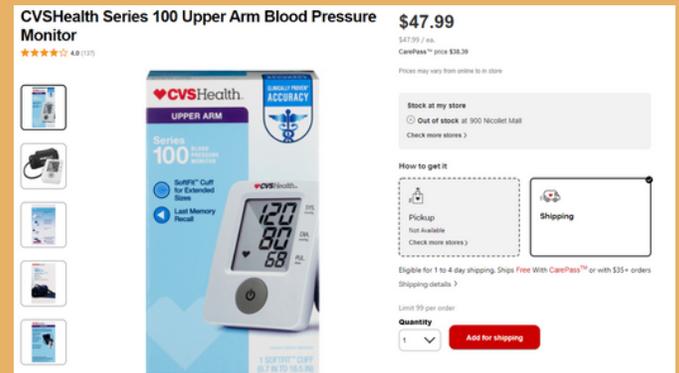
Where Can I Buy a Blood Pressure Monitor?

While Southside has lent you a blood pressure monitor, some patients prefer to purchase their own monitor to keep. Below are some examples of the prices and locations where you can purchase a blood pressure monitor if you would like to do so.

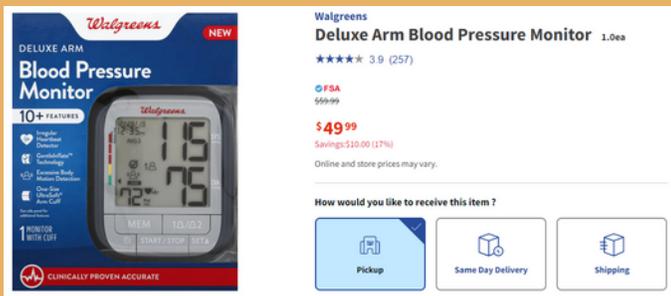
Walmart: Omron Upper Arm Blood Pressure Monitor for \$34.52



CVS: CVSHealth Series Upper Arm Blood Pressure Monitor for \$47.99



Walgreens: Deluxe Arm Blood Pressure Monitor for \$59.99



Amazon: Blood Pressure Monitor Upper Arm Large for \$29.99

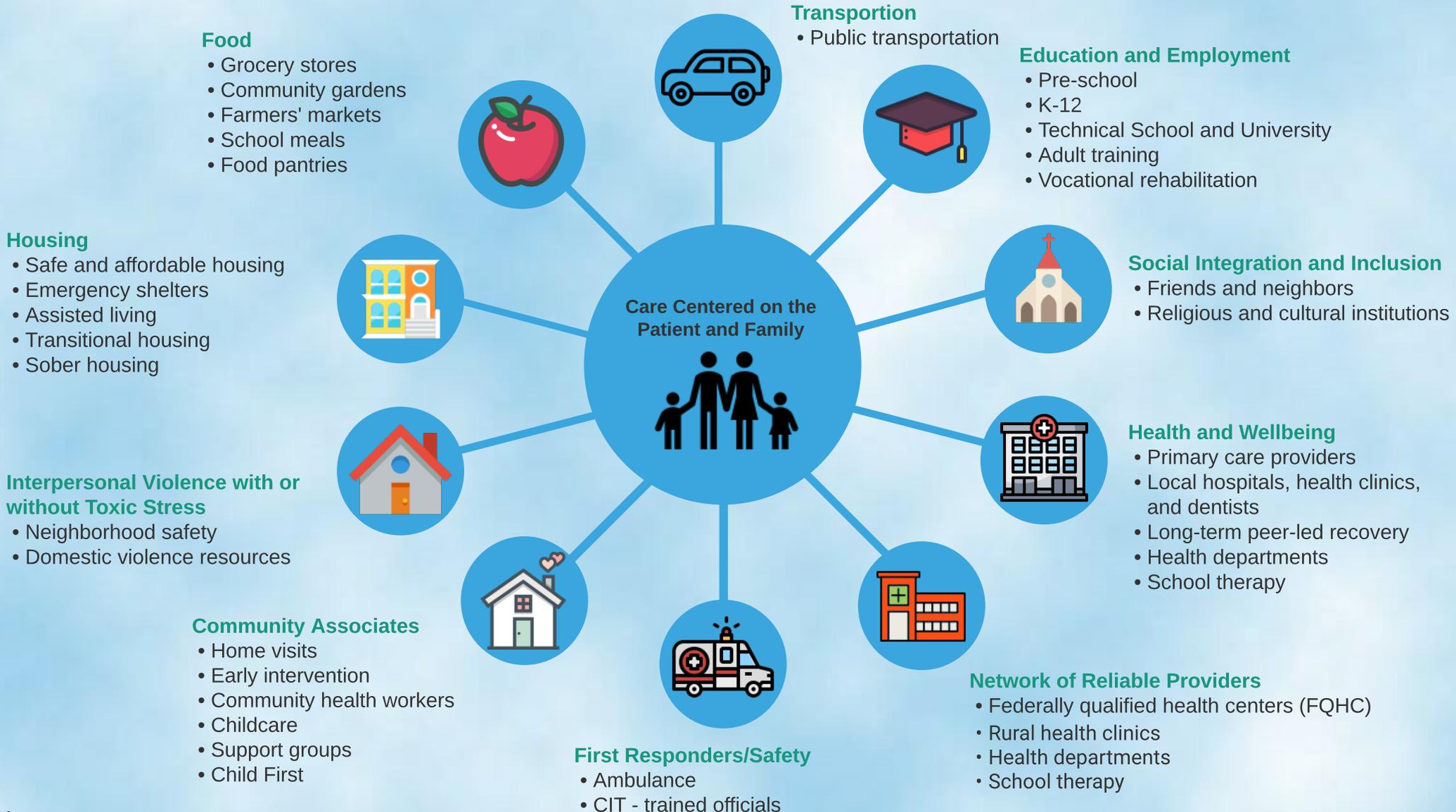


Southside Community Connections

Working Together to Create a Healthy Community

Social Determinants of Health are elements outside of physical health that can contribute to one's well-being.

Southside works in our community to help to support these resources and to share them with our patients.



WHERE SHOULD I GO FOR CARE?

 PRIMARY CARE	 URGENT CARE	 EMERGENCY
<p>Your provider at Southside is your source of primary care. You should make an appointment with your provider for:</p> <ul style="list-style-type: none"> • Physical exams • Chronic condition care (Hypertension, diabetes, etc.) • Screenings • Vaccinations • Prescriptions • Fever, cold, and flu • Sore throat • Allergies • Headaches and migraines • Eye, ear, or urinary tract infections • Rashes and minor burns • Diarrhea 	<p>You should go to urgent care when your clinic is not available, you need medical care quickly but are not in an emergency.</p> <ul style="list-style-type: none"> • Cuts that need stitches • Fractures and sprains • Accidents and falls • Skin rashes and infections • Moderate back pain • Animal or insect bite • Fever or flu • Eye, ear, or urinary tract infections • Sore throat • Abdominal pain • Nausea, vomiting, diarrhea • Work-related injuries 	<p>You should go to the emergency room in life- or limb-threatening situations:</p> <ul style="list-style-type: none"> • Extremely high fever • Broken bones • Chest pain • Difficulty breathing • Heart attack • Stroke • Uncontrolled bleeding • Major burns • Fainting, dizziness, weakness • Head, neck, or spinal injuries • Seizures • Poisoning • Coughing or vomiting blood • Trauma

Where to go and when?

PRIMARY CARE	<p>SOUTHSIDE MEDICAL CLINIC Telephone: 612-827-7181 Address: 324 East 35th Street Mpls, MN 55408 Hours: M - F 7:30am - 5:00pm</p>	
URGENT CARE	<p>ALLINA HEALTH URGENT CARE - GREENWAY Address: 3270 W Lake St Suite 3264 Mpls, MN 55416 Hours: M-F 8:00am - 8:00pm Sa-Sun 9:00am - 5:00pm</p>	<p>M HEALTH FAIRVIEW URGENT CARE- HIGHLAND PARK Address: 2155 Ford Pkwy, St Paul, MN 55116 Hours: M-F 10:00am - 8:00pm Sa-Sun 9:00am - 8:00pm</p>
EMERGENCY	<p>ABBOTT NORTHWESTERN ER Address: 800 E 28th St, Mpls, MN 55407 Open 24/7</p> <p>M HEALTH FAIRVIEW RIVERSIDE ER Address: 2312 S 6th St, Mpls, MN 55454 Open 24/7</p>	<p>CHILDREN'S MINNESOTA HOSPITAL ER Address: 915 E 25th St, Mpls, MN 55404 Open 24/7</p> <p>HENNEPIN COUNTY MEDICAL CENTER ER Address: 900 S 8th St, Mpls, MN 55415 Open 24/7</p>