

NORTH TEXAS PHP NEWS

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High Blood Pressure

In this Issue

More than half of Americans have high blood pressure (hypertension) and many do not even know it.

In 2017 the American Heart Association and American College of Cardiology *LOWERED* the threshold for diagnosis of hypertension from 140/90 to 130/80 which allows for earlier intervention, and the inclusion of more young people, tripling the number of men and doubling the number of women under the age of 45 with the diagnosis.

The new blood pressure guidelines:

- Normal: Less than 120/80
- Elevated: Systolic between 120/129 and diastolic less than 80
- Stage 1 Hypertension: Systolic between 130-139 or diastolic between 80-89
- Stage 2 Hypertension: Systolic at least 140 or diastolic at least 90

How can you lower your blood pressure without medication?

- Weight reduction -> keeping a normal body weight with BMI 18.5-24.9 -> 5mmHg
- DASH eating plan -> a diet rich in fruits vegetables, low fat dairy and reduced in fat -> 11mmHg
- Restrict Sodium intake -> less than 1500mg sodium per day -> 5-6 mmHg
- Physical activity -> be more physically active, 90-150 minutes aerobic exercise per week -> 5-8 mmHg
- Moderate alcohol consumption -> max 2 drinks/day for men 1/day for women -> 4mmHg

High blood pressure myths

MYTH: I don't add salt to my food so I don't have to worry about sodium.

More than 75% of dietary sodium comes hidden in processed foods like soups, deli meats, tomato sauce, and canned foods. Your best defense is to read the labels and look for low sodium and no added-salt foods.

MYTH: I don't have headaches or feel stressed so my blood pressure is fine.

High blood pressure is called the "silent killer" because most people have NO symptoms. Untreated, high blood pressure increases your risk for heart attack and stroke. Headaches, dizziness, sweats, anxiety or insomnia are not typical symptoms of hypertension and may be from other causes.

MYTH: Red wine is supposed to be good for my heart so I drink as much as I want.

Prolonged and heavy use of alcohol, including red wine, is bad for blood pressure and your heart. It also increases risk for cancer, weight gain, heart failure, heart arrhythmia, alcohol dependence, suicide, and accidents. If you want to drink alcohol, it should be limited to 2/day for men, and 1/day for women. A serving is 12 oz. beer, 4 oz. wine, and 1.5 oz. liquor.

Adapted from the ACC and AHA websites and guides

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Did you know?

- Typical influenza (FLU) symptoms include fever, dry cough, sore throat, muscle or body aches, headaches, fatigue and sometimes diarrhea and vomiting. Your best defense is getting the age-appropriate vaccine as soon as it is available. If you have these symptoms, even if you have had the vaccine, be sure to call your doctor.
- Texas recently passed a law limiting the prescription of opioids to a ten-day supply for acute pain. This does not apply to chronic pain, hospice or cancer care. Please talk to your doctor if you have concerns.

New Location in Frisco Opens September 30th

North Texas Preferred Health Partners is proud to announce the addition of our Frisco practice. Our fifth location opens on September 30th with our four newest Family Medicine physicians: W. Blake Jenkins, DO, FAAFP, Neelay Gandhi, MD, FAAFP, Valerie Kasmiersky, MD and Mark Meehlhause, MD. Family Medicine encompasses all ages, genders, each organ system, and every disease entity, providing continuing, comprehensive health care for the individual and family. Our Family Medicine physicians see patients age 6 and older. Their office location is 3535 Victory Group Way, Suite 330 in Frisco, and their contact number for information and appointments is 972-993-5070.

WELCOME Kendall Guillot, are our new Director of Operations for NTPHP.

North Texas Preferred Health Partners Locations

Dallas Office
3417 Gaston Avenue
Suite 700
Dallas, Texas 75246
214-823-4800

Plano Office
4708 Alliance Blvd
Pavilion I, Suite 240
Plano, Texas 75093
972-993-5050

Park Cities Office
8215 Westchester Drive
Suite 320
Dallas, Texas 75225
972-993-5040

Las Colinas Office
440 West I-635
Suite 405
Irving, Texas 75063
972-993-5080

Frisco Office-*October 1*
3535 Victory Group
Way, Suite 330
Frisco, Texas 75034
972-993-5070

HEALTHY HABITS

Quick Mediterranean Bowl

By Morgan Beeler

Ingredients

- 1-2 cups of greens (Spinach, arugula, kale)
- 1-2oz of light mozzarella
- 1-2 slices of prosciutto
- ¼ cup of quinoa tabbouleh
- ¼ cup or less of olives
- 2 Tbsp. of hummus
- 1 serving of wheat pita chips
- ½ Tbsp. of balsamic
- Pepper to taste (optional)
- Lemon wedge (optional)



Instructions

- Place greens into the bowl first then drizzle with balsamic
- Top greens with remaining ingredients
- Season with pepper and lemon and Enjoy!

These bowls work great for an on the go lunch or a quick no cook dinner!