

Hypertension: High Blood Pressure



Imani Clinic Nutrition Class

What is hypertension?

- Hypertension is the state of having an elevated blood pressure.
- Heart is working too hard!
- There are two numbers:
 1. Systolic (heart beats)
 2. Diastolic (heart relaxes)



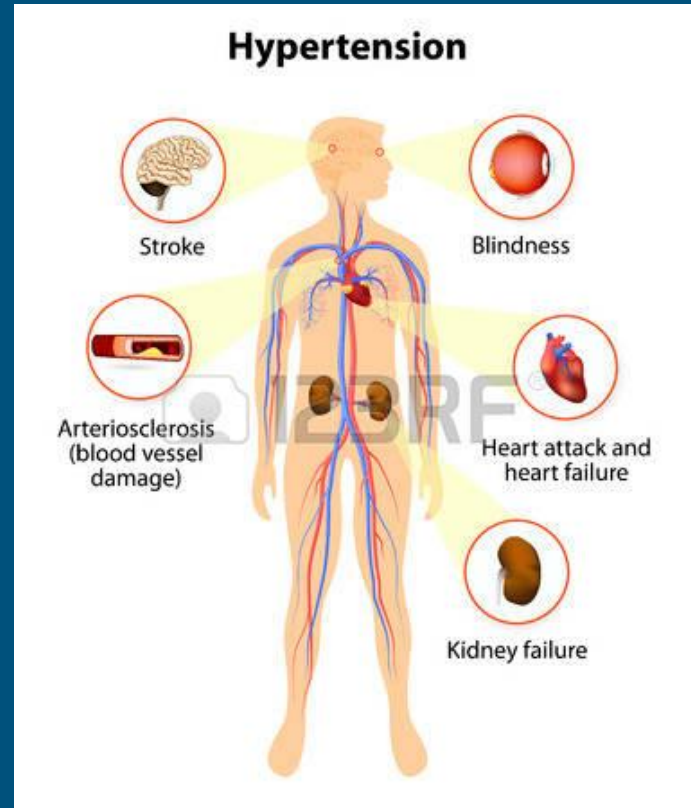
Hypertension NEW GUIDELINES!



- Normal: Less than 120 / Less than 80
- Pre-Hypertensive: 120 - 129 / Less than 80
- Hypertension: 130 - 139 / 80 - 89
- Hypertension: 140+ / 90+

Why it's bad, if we don't control it.

1. Stroke
2. Heart Disease
3. Kidney Disease
4. Lowers Immune system
5. Blindness



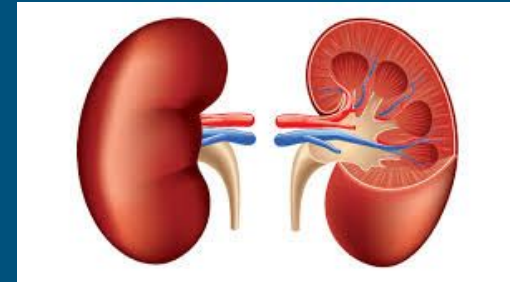
Two types of hypertension:

- **Primary:**

- Most commonly associated with other types of chronic diseases (diabetes)
- Most common form of hypertension.
- Affects ~50 million people in the U.S.

- **Secondary:**

- Elevation of blood pressure most commonly associated with kidney disease.



Causes:

- Poor Diet
- Stress management
- Sedentary lifestyle
- Genetically predisposed to the disease/Family History
- Environment



Poor Diet

“I can't eat food with no taste!”

- Things that contribute to Hypertension:
 - High sodium diet
 - Alcohol consumption (more than two drinks a day)



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Stress

- Acute vs. Chronic:
- Chronic:
 - Fatigue
 - Reduced immune function
 - Weight gain
 - Reproductive complication



Sedentary Lifestyle/Tobacco use



Genetic predisposition



- Researchers have also found that there may be a gene that makes **African-Americans** much **more** salt sensitive. This trait increases the risk of developing HBP.
- Possible to experience a 5 mmHG blood pressure raise for every $\frac{1}{2}$ teaspoon of salt consumed.
- 40% of all African Americans in the US will develop hypertension in comparison to 27% in white populations

Lifestyle Modifications

This could range from:

- Exercising (3-5 times a week, 30-45 min)
- Eating habits (DASH diet)
- Change of pace
- Maintaining healthy weight



****If you are currently prescribed medication, please take it as directed!**

Lifestyle change	What to do	Potential reduction in systolic blood pressure
Lose weight	Reach and maintain a normal body mass index (BMI)	5–20 mm Hg for every 22 pounds lost
Adopt the DASH diet	Eat plenty of fruits and vegetables, choose low-fat dairy products, and reduce total fat consumption	8–14 mm Hg
Reduce salt	Consume no more than 2,400 mg of sodium a day (or 6,000 mg of sodium chloride)	2–8 mm Hg
Exercise regularly	Get at least 30 minutes of moderate aerobic exercise on all or most days of the week	4–9 mm Hg
Limit alcohol	Have no more than two drinks per day if you're male, or one drink per day if you're female	2–4 mm Hg

Source: Seventh Report of the Joint National Committee on Prevention, Detection, Evaluation, and Treatment of High Blood Pressure

UC DAVIS FIRE DEPARTMENT FITNESS PROGRAM

Pre-Training

- FF #1 156/96
- FF #2 136/102
- FF #3 146/102
- FF #4 132/98
- FF #5 132/84

■ Average Pre-
141 / 96 mmHg

Post-Training (4 months)

- 138/88 Stage 2
- 136/74 Stage 1
- 136/98 Stage 2
- 122/84 Stage 1
- 124/78 elevated

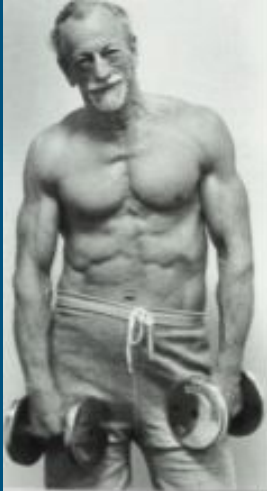
■ Average Post-
131 / 87 mmHg

Exercise

- Reduce blood pressure
- Lower blood fats
- Reduce stress and anxiety
- Better mood
- Build strong bones and muscles
- Manages weight
- Boosts energy



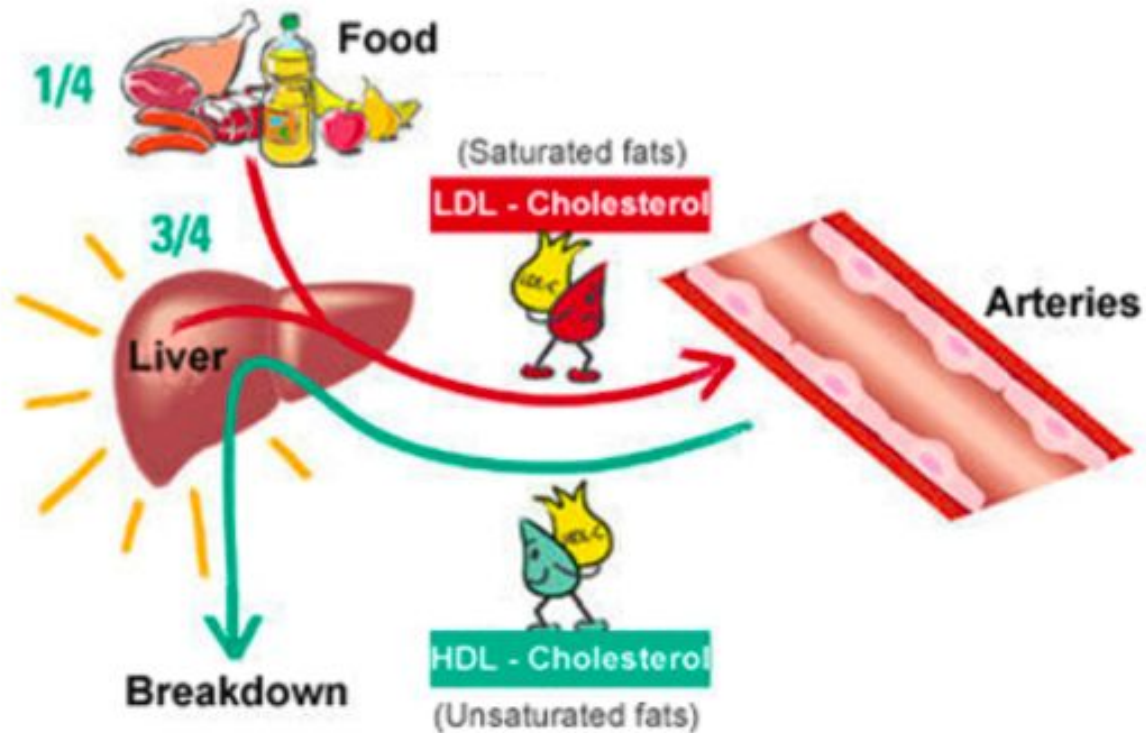
FITTE njoyment



Individualized prescription



HDL's Role in Plaque regression?



“Reverse Cholesterol Transport”

DASH Diet

DASH Eating Plan

based on a 2,000 calorie diet

<u>Food Group</u>	<u>Daily Servings</u>
Grains	6-8
Vegetables	4-5
Fruits	4-5
Low-fat or fat-free dairy products	2-3
Meats, poultry, fish	6 or less
Nuts, seeds, dry beans and peas	4-5/week
Fats and oils	2-3
Sweets	5 or less/week

Get more QUALITY sleep

- Sleep 7-9 hours a day.
- Sleep de-stresses you.



Stretch Break!



Reflexology: A natural approach

Union Valley– This point is located in the webbing between the thumb and the index finger.

Stimulating this point helps in reducing muscle tension and relieving stress.



Reflexology:

Central Treasury– This point is located two finger widths above the point where your arms meet your chest.

Stimulating this point helps in deep breathing, increasing blood flow and balancing the emotions.



Reflexology:

Shoulder Well– This point is located at the ridge of the Shoulder halfway between the point of your shoulder and the base of your neck.

Stimulating this point helps in relieving stress and tension and unhindered flow of energy.



Reflexology:

ACUPRESSURE POINTS FOR HIGH BLOOD PRESSURE



1) Kidney Pressure Point

2) Liver

3) Heart

Replace Salt with Herbs!!!

<https://www.nhlbi.nih.gov/health/educational/healthdisp/pdf/tipsheets/Use-Herbs-and-Spices-Instead-of-Salt.pdf>

CLICK HERE



Low Salt, Garlic Chicken and Rice

Recipe:

9 -12 chicken drumsticks

- garlic powder
- pepper
- salt
- olive oil

Directions:

1. Put some olive oil in the bottom of a 9x13 pan (just enough to put the drumsticks on).
2. Add drumsticks (space enough apart so they aren't touching each other).
3. Sprinkle generously with pepper and garlic powder.
4. Bake at 375° F for half an hour. Turn drumsticks over and add more garlic powder and pepper (same as before).
5. Bake another half an hour, or until cooked until 160°F.

**Great quick and easy meal that will last for a couple of days! Add Ginger for an extra kick and health benefit!

If you can skip salt, skip it.



Imani Clinic

8am every Saturday



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