



## HIGH BLOOD PRESSURE?

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### Fight Back with a Healthy Lifestyle

Having high blood pressure increases your risk for heart disease. But you can take steps to help keep your blood-pressure levels normal, says the U.S. Centers for Disease Control and Prevention:

- **Be physically active.** Physical activity can help lower blood pressure. The U.S. Surgeon General recommends that adults engage in moderate physical activities for at least 30 minutes on most days of the week.
- **Eat a healthy diet.** Eat lots of fresh fruits and vegetables, which provide nutrients and fiber that can help lower blood pressure. Also, eat foods that are low in saturated fat and cholesterol.
- **Avoid sodium by limiting the amount of salt you add to your food.** Be aware that many processed foods and restaurant meals are high in sodium.
- **Maintain a healthy weight.** Being overweight can raise your blood pressure. Losing weight can help lower your blood pressure.

Talk with your doctor about high blood pressure. If lifestyle changes don't keep your numbers within the healthy range, you and your doctor may want to talk about medications to help lower your blood pressure.

Visit [www.HealthMart.com](http://www.HealthMart.com) to learn more about controlling high blood pressure.



*Caring for you and about you*



## BREAST-CANCER UPDATE

### Tips for Breast-Cancer Survivors

The Fred Hutchinson Cancer Research Center in Seattle and the Seattle Cancer Care Alliance offer the following tips for taking care of yourself as a breast-cancer survivor:

- Get a summary of your treatments.
- Make a plan for monitoring the long-term effects of your cancer treatment.
- Learn how to manage the fear of cancer coming back.
- Get moving.
- Eat well.
- Live a healthy lifestyle.
- Connect with other survivors.
- Make use of resources.

There are lots of resources in the community and online for cancer survivors, and especially breast-cancer survivors. Visit [www.CancerCare.org](http://www.CancerCare.org), [www.LIVESTRONG.org](http://www.LIVESTRONG.org) and [www.komen.org](http://www.komen.org) for more information.

### Is It Time to Update Your First-Aid Kit?

#### *The American Red Cross Can Help*

To be prepared for emergencies, keep a first-aid kit in your home and car. Whether you buy a first-aid kit or put one together, make sure it has all the items you may need. Include any personal medications and emergency phone numbers or other items your doctor may suggest.

Check the kit regularly. Make sure the flashlight batteries work. Check expiration dates and replace any used or out-of-date contents. The Red Cross recommends that all kits for a family of four include:

- 2 absorbent compress dressings (5 x 9 inches)
- 25 adhesive bandages (assorted sizes)
- 1 adhesive cloth tape (10 yards x 1 inch)
- 5 antibiotic ointment packets (approximately 1 gram each)
- 5 antiseptic wipe packets
- 2 packets of aspirin (81 mg each)
- 1 blanket (space blanket)
- 1 breathing barrier (with one-way valve)
- 1 instant cold compress
- 2 pair of non-latex gloves (size: large)
- 2 hydrocortisone ointment packets (approximately 1 gram each)
- Scissors
- 1 roller bandage (3 inches wide)
- 1 roller bandage (4 inches wide)
- 5 sterile gauze pads (3 x 3 inches)
- 5 sterile gauze pads (4 x 4 inches)
- Oral thermometer (non-mercury/non-glass)
- 2 triangular bandages
- Tweezers
- First-aid instruction booklet



### Want to Lower Your Body Fat?

#### *Eat More Whole Grains, Cut Back on Refined Grains*

People who consume several servings of whole grains per day, while limiting daily intake of refined grains, appear to have less of a type of fat tissue thought to play a key role in triggering cardiovascular disease and type 2 diabetes, a new study suggests.

Researchers at the Jean Mayer USDA's Human Nutrition Research Center on Aging (HNRC) at Tufts University observed lower volumes of visceral adipose tissue (VAT) in people who chose to eat mostly whole grains instead of refined grains.

The researchers examined diet questionnaires submitted by 2,834 men and women enrolled in The Framingham Heart Offspring and Third Generation studies. The participants then underwent scans to determine fat in their tissues.

"VAT volume was approximately 10% lower in adults who reported eating three or more daily servings of whole grains and who limited their intake of refined grains to less than one serving per day," says study author Nicola McKeown, Ph.D.

## NUTRITION UPDATE

### Eating Well for Older Adults

#### *Our Nutritional Needs Change with Age*

To help you stay on track with your healthy-eating plan as you get older, follow these tips, from the National Institute on Aging:

Don't skip meals. This may cause your metabolism to slow down or lead you to eat more high-calorie, high-fat foods at your next meal or snack.

Select high-fiber foods such as whole-grain breads and cereals, beans, vegetables and fruits. They provide needed fiber and lower your risk for chronic diseases, such as coronary heart disease and type 2 diabetes.

Choose lean beef, turkey breast, fish or chicken with the skin removed to lower the amount of fat and calories in your meals.

Have three servings of vitamin D-fortified low-fat or fat-free milk, yogurt or cheese every day. Milk products are high in calcium and vitamin D and help keep your bones strong as you age. If you have trouble digesting milk or do not like milk products, try



reduced-lactose milk products, soy-based beverages or tofu. You can also talk with your doctor about taking a combined calcium and vitamin D supplement.

## DID YOU KNOW?



- Do you know the difference between different asthma rescue medications? Quick-relief medications are used to provide temporary relief of symptoms. They include bronchodilators and oral corticosteroids. Bronchodilators, generally called "rescue medications," open up the airways so that more air can flow through. Bronchodilators come in inhaled, tablet, liquid or injectable forms. There are some corticosteroids designed for short-term use that are swallowed or given by injection (not inhaled), and they work a bit more slowly to help treat particularly bad inflammation in the airways. For more information on these medications, talk with your doctor.

— Source: American Academy of Allergy, Asthma and Immunology



## IT'S COLORECTAL-CANCER AWARENESS MONTH

### *Here's What You Should Know about Screening*

Why should you be screened for colorectal cancer? Screening tests can help your doctor find polyps or cancer before you have symptoms. And finding and removing polyps may prevent colorectal cancer. Also, treatment for colorectal cancer is more likely to be effective when the disease is found early. According to the National Cancer Institute, here's the best way to find polyps or early colorectal cancer:

- People in their 50s and older should be screened every 5 to 10 years, depending on their risk.
- People who are at higher-than-average risk of colorectal cancer should talk with their doctor about whether to have screening tests before age 50, what tests to have, the benefits and risks of each test, and how often to schedule appointments.

Are you age 50 or older? Do you have a history of colorectal cancer in your family? Talk with your doctor about the right screening schedule for you. Don't put off this important conversation. When it comes to colorectal cancer, early screening can save your life.



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## SHOULD I GET CHECKED FOR KIDNEY DISEASE?

### If You Have Diabetes or High Blood Pressure, You Could Be More at Risk

Diabetes and high blood pressure can damage the kidneys and lead to kidney disease, according to the National Institutes of Health's National Kidney Disease Education Program.

In fact, diabetes and high blood pressure are the two main causes of kidney disease. About 7 out of 10 people with kidney failure have one or both of these conditions. You should get checked for kidney disease if you have one of these conditions.

Two tests are used to check for kidney disease:

- A blood test checks your GFR, which tells how well your kidneys are filtering. GFR

stands for glomerular (glow-MAIR-you-lure) filtration rate.

- A urine test checks for albumin in your urine. Albumin is a protein that can pass into the urine when the kidneys are damaged.

To help keep your kidneys healthy, manage your diabetes, if you have it, and keep your blood pressure below 130/80. That means eating healthfully and cutting back on salt. It also means being active and taking medicines as prescribed. Also, get checked for kidney disease. The sooner you know you have kidney disease, the sooner it can be treated.

### HEALTH TIP



### What Are Cataracts?

A cataract is a clouding of the normally clear lens of the eye. For people with cataracts, it's a bit like looking through a frosty or fogged-up window. Clouded vision caused by cataracts can make it more difficult to read, drive a car or see the expression on a friend's face.

Most cataracts develop slowly and don't disturb your eyesight early on. But with time, cataracts eventually interfere with vision. At first, stronger lighting and eyeglasses can help. But if impaired vision interferes with your usual activities, you might need cataract surgery, which is generally a safe, effective procedure.

— Source: *The Mayo Clinic*

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