

May 2007

Health & Wellness  
Information to Improve  
Your Condition

# HealthSTAT focus

## May is National Blood Pressure Month

### What is blood pressure?

Blood pressure is the force of blood pushing against the walls of your arteries. It is written as two numbers. The top number is referred to as the systolic number. The bottom number is the diastolic number.

**Systolic pressure** is when the heart is pushing the blood out into your entire body.

**Diastolic pressure** is the amount of pressure in the heart when it is at rest or between beats.

A **normal blood pressure** reading is **120/80 mm Hg or below**.

**High blood pressure** is considered a reading of **140/90mm Hg or above**.

High Blood pressure is also referred to as **hypertension**.

	Normal	Prehypertension	High
SYSTOLIC	<120 mm Hg	120-139 mm Hg	140+ mm Hg
DIASTOLIC	<80 mm Hg	80-89 mm Hg	90+ mm Hg

VALUES FOR  
NORMAL BLOOD PRESSURE, PREHYPERTENSION  
AND HIGH BLOOD PRESSURE

### What are the risks if high blood pressure is untreated?

**Stroke**  
**Heart Attack**  
**Heart Failure**  
**Kidney Failure**

### How to know if you have high blood pressure?

There are usually no symptoms of high blood pressure which is why it is referred to as "**The Silent Killer**." However, it is easily detectable and can be controlled. The only way to know is to have your blood pressure checked on a regular basis by a healthcare professional. Approximately 50 million Americans – **1 in 4 adults** – have high blood pressure, most are unaware they have it.

### What can you do to prevent/control high blood pressure?

*Maintain a healthy weight- keep your weight at or below that number;*

*Limit alcohol intake-you may want to reduce your consumption of alcohol;*

*Manage your stress-find ways such as exercise to deal with stress;*

*Exercise- at least 30 minutes most days of the week*

*Take medication as directed- be sure to take medications as prescribed;*

*Eat meals low in cholesterol, salt, saturated fat. Chose more fruits & vegetables;*

*Know your blood pressure- have your physician or **HealthSTAT** clinician check your blood pressure yearly;*

*Drink water- drink eight glasses a day.*



Source: [www.americanheartassociation.org](http://www.americanheartassociation.org)

**Talk to your doctor or HealthSTAT Clinician for more information.**

## Ovarian Cysts

A cyst is a fluid-filled sac. In most cases a cyst on the ovary does no harm and goes away by itself. **Most women have ovarian cysts sometime during their lives.**



- ❖ Cysts are rarely cancerous in women under 50.
- ❖ Cysts sometimes hurt - but not always. Often, a woman finds out about a cyst when she has a pelvic exam.
- ❖ If you're in your childbearing years or past menopause, have no symptoms, and have a fluid-filled cyst, you may choose to monitor the cyst. You may need surgery if you have pain, are past menopause, or if the cyst does not go away.
- ❖ Birth control pills can help prevent new cysts.
- ❖ A health problem that may involve ovarian cysts is polycystic ovarian syndrome (PCOS). Women with PCOS can have high levels of male hormones, irregular or no periods and small ovarian cysts.

SOURCE: National Women's Health Information Center

*Spring is in the air and it is time to get our yards back into shape.*

**Not only does gardening beautify the community, and allow us to grow fresh fruits and vegetables, but gardening is also a form of physical activity.**



## Gardening Health & Safety Tips

**In 2004 about 67, 000 consumers throughout the nation went to the emergency room due to push mower accidents. Around 14, 600 consumers had incidents causing injuries from riding lawn mowers and garden tractors. The tips below are to keep you safe, healthy, and happy throughout the summer months as you enjoy your beautiful garden.**

### Protect Yourself

- Be sure to protect yourself from the sun, lawn and garden chemicals, insects, and heavy equipment.
- Wear safety goggles, tennis shoes, and pants when using heavy equipment.
- If you are using loud machinery be sure to protect your hearing.
- Wear gloves to reduce chances of skin irritation.
- Use insect repellent containing DEET, to protect yourself from diseases caused by mosquitoes and ticks. Also consider wearing long pants, and long sleeves. You may want to wear high rubber boots since ticks are located close to the ground.
- To protect yourself from the sun wear sunscreen with SPF 15 or higher. Also, wear wide-brimmed hats, sunglasses, and long sleeves. This will lower your chances for sun burn and skin cancer.



### To Protect Your Back

- Attempt to maintain slight normal arch in low back and gently draw in stomach by tightening stomach muscles.
- While lifting or bending, avoid bending from the waist; instead bend from the knees.
- Stand as close to work areas as possible, and let your arms and legs do the work instead of your back.
- While using a rake or shovel attempt to maintain upright posture by not reaching too far in front of you.
- Perform motions in controlled manner and avoid jerky/ twisting motions.

### To Protect your Knees

- Avoid prolonged squatting. While squatting, keep feet flat and weight evenly distributed.
  - Instead of squatting, attempt to work with one knee on the ground or on a kneeling pad, or with both knees on kneeling pad. Use knee pads if more convenient than kneeling pad.
- If work is performed sitting, be sure to use long handled tools and keep work area close to you to avoid stress on your back.

Women have a longer life expectancy than men, but according to a 2006 National Center for Health Statistics report men are catching up. In approximately 50 years men and women will have the same life expectancy if trends continue as they are currently. Though men's health is improving overall, there are still some unique concerns.

Take time to relieve stress. It is not a luxury, but a necessity. Taking time for yourself will allow you to release the stress of the day. De-stressing will allow you to be a happier and healthier spouse, father, and friend.

By taking care of your body and eating healthy you can reduce your risk for developing most of these diseases. Exercising on a regular basis (30 minutes most days of the week) can lower your risk of heart disease which is the leading cause of death among men and women. Exercise also reduces your risk of stroke, and helps you to maintain a healthy weight. Eating regular healthy meals, at least three a day, helps to energize your body and keep you strong. Be sure to eat plenty of fresh fruits and vegetables.

Source: [www.cdc.gov](http://www.cdc.gov)

This newsletter is a monthly publication of HealthSTAT, Inc., for its clients and their employees. It is for informational purposes only, and is not intended to replace medical advice.

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## Top 10 Health Concerns of Men



### Did you know?

29 million men have high blood pressure (hypertension)

o In most cases this can be prevented/ controlled with diet and exercise.

50 million men have high cholesterol

o In most cases this can be prevented/ controlled with diet and exercise.

8 million men have diabetes

o Depending on the type of diabetes this may be prevented/controlled through diet and exercise as well in some cases.

## Americans & Health Fears

According to *USA Today*, the following list represents Americans' greatest health fears. The listing identifies the percentage of Americans who said this health condition would have the most negative impact:

21% - Losing Sight

21% - Paralysis

16% - HIV/ AIDS

14% - Cancer

11% - Stroke

6% - Heart Attack/  
Heart Disease

4% - Diabetes

*USA Today, 04/07/07*

Most of these conditions can be avoided, controlled or managed. Discuss your concerns about these conditions with your doctor or your HealthSTAT clinician.

## Healthy Spring Time Recipe

## Family Health

Warm weather not only brings beautiful flowers and green grass, but perfect weather for grilling. Grilling is a healthier alternative to frying foods. Plus, when you cook using the grill there is no messy clean up afterwards. So consider taking some of your favorite recipes and incorporating the grill instead of breading and frying those favorite foods. Below is a wonderful recipe to help you get started.



### Classic Sausage & Peppers Grill

- 1 pound red potatoes, quartered**
  - 5 garlic cloves**
  - ¼ teaspoon salt**
  - ¼ teaspoon black pepper**
  - 1 red onion, peeled and cut in half crosswise**
  - 4 red bell peppers, quartered**
  - 5 (3-ounce) turkey Italian sausage links**
  - 2 tablespoons chopped fresh parsley**
  - 1 tablespoon minced fresh oregano**
- Cooking Spray**



#### Nutrition Facts

Serving size:	
2 ounces turkey sausage, 1 cup bell pepper mixture:	
Calories	247
Fat	8.7g
Protein	18.6g
Cholesterol	72mg
Calcium	34mg
Sodium	638mg
Fiber	.1g
Iron	4mg
Carbohydrate	24.6g

Prepare grill. Coat the grill rack with cooking spray (before igniting).

Cut an 18 x 12 inch sheet of heavy duty foil. Place potatoes and garlic in center of foil; sprinkle with 1/8 teaspoon salt and 1/8 teaspoon black pepper. Fold foil over vegetables, tightly sealing edges. Add foil pouch to grill rack. Grill 30 minutes, turning foil pouch occasionally. Lightly coat onion and bell peppers with cooking spray; sprinkle with 1/8 teaspoon salt and 1/8 teaspoon black pepper. Place onion on grill rack; grill 15 minutes. Turn onion over; add bell peppers and sausage. Grill an additional 15 minutes or until vegetables are tender and sausage is done; turn occasionally. Remove from grill.

Slice bell peppers into strips; coarsely chop onion. Combine bell peppers, onion, and potatoes in a large bowl. Squeeze garlic cloves into a small bowl to extract garlic pulp, and discard skins. Add parsley and oregano, tossing well. Slice grilled sausage links into ½ inch thick slices, and serve with bell pepper mixture.

Yield: 5 servings *Source: [www.food.cookinglight.com](http://www.food.cookinglight.com)*

## Protect Yourself from Heat Related Injuries

**Exposure to high temperatures in short periods can cause serious health problems. Be sure to monitor your time in the sun. This will lower your risk for heat-related illnesses.**

- Keep water with you or be sure to drink it periodically. Do not wait until you are thirsty. You need to replace the lost fluids.
- Avoid alcohol or high sugar content liquids. These fluids will actually cause you to lose more body fluid.
- Go to a shaded area often and rest. This will give your body's thermostat a chance to recover. If you experience breathlessness or muscle soreness stop working.
- Healthy foods will keep you energized



*Source: [www.cdc.gov](http://www.cdc.gov)*