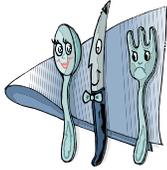


Hypertension Self-Management Plan and Care Plan

I understand the following items will be beneficial to the treatment of my hypertension, have discussed this with my provider and I agree to implement the following plan of care.

1. I will try to maintain a Blood Pressure (BP) < 130/80 < 140/90 _____ (Circle One)
2. I will eat a low salt diet and maintain a healthy weight
3. I will exercise for at least 20 – 30 minutes 5 - 7 days per week
4. I will check my BP periodically, record below and bring my record to my next visit
5. If my BP is running high or low, I will call my health care provider so I can be seen to make changes to my treatment regimen. If after hours I will call the Physician on call at **828.324.0258** before visiting the Emergency Department unless I have an actual emergency
6. I will take all BP medication exactly as prescribed by my health care provider. It is okay to take them even on days you may have fasting lab work.

www.cvmqonline.org also offers additional self-help resources under the Resources & Forms tab



Diet Reminders for Better Blood Pressure:

Look for healthy foods like:



Fresh fruit



Fresh vegetables



Low fat
dairy foods

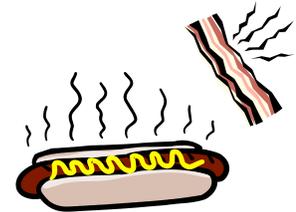
AVOID foods high in salt like:



Canned Vegetables
and Soups



Frozen dinners



Processed meats
(bologna, hot dogs,
sausages and bacon)



Pickles and Olives



Snack Foods like:



Take Out Foods like:



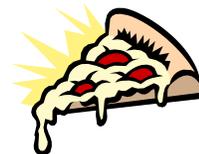
French Fries



Fried Chicken



Chinese Food



Pizza



To help keep your blood pressure lower:

- 1) Buy fresh or frozen vegetables, or “NO salt added” canned vegetables. Rinse all canned vegetables before using.
- 2) Buy foods made with the lowest amount of salt. Look for “No salt” or “Low Sodium” on the food label.
- 3) Cook without salt.
- 4) Use herbs and spices rather than salt for flavoring.
- 5) Avoid eating fast foods and take out foods.
- 6) Take the salt shaker off the table!!



Salt substitutes:

Salt substitutes (No Salt®, Salt Substitute®, Lite Salt®, and others) contain potassium chloride in place of sodium chloride. They are used by people on sodium-restricted diets. When used in moderation, they are a more healthful choice for many people compared with using regular table salt. However, people taking potassium chloride drug products (for example: K-dur, Slow-K, Micro K, K-tab) should consult with their prescribing doctor before using salt substitutes or even eating large amounts of high-potassium foods (primarily fruit).

Weight Reminders:

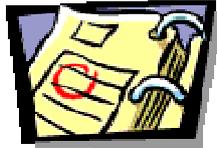
Losing just **10 pounds** can help lower your blood pressure!!!



Talk to your doctor to see what is a good weight for you.



Pick a date



to start changing what you eat.

Watch your serving sizes:



and dish sizes:



Eat more healthy foods like fresh vegetables and fruit.



Eat less of these foods:



Carbohydrates



Spreads and Gravies



Canned vegetables



High Fat cheeses



Sweet tea or regular sodas



Fast Foods



Move to Prevent and Control High Blood Pressure: Mission Possible

Easy ways to lower your risk through physical activity

30 minutes of physical activity each day can help

- If your blood pressure is moderately elevated, 30 minutes of brisk walking most days a week may be enough to keep you off medication.
- If you take medication for high blood pressure, 30 minutes of moderate physical activity can make your medication work more effectively and make you feel better.
- If you don't have high blood pressure, being physically active can help keep it that way. If you have normal blood pressure—but are not active—your chances of developing high blood pressure increase, especially as you get older or if you become overweight or obese or develop diabetes.



Getting started

Your physical activity program can be as simple as a 15-minute walk around the block each morning and evening. Gradually build up your program and set new goals to stay motivated. The important thing is to find something you enjoy, and do it

safely. And remember—trying too hard at first can lead to injury and cause you to give up.

If you have a chronic health problem or a family history of heart disease at an early age, be sure to talk with your doctor before launching a new physical activity program.

Tips to easily increase your daily activity

- Take the stairs instead of the elevator.
- Park far away from your destination in parking lots so you have farther to walk.
- If you take public transportation, get off a stop early.

Enlist in this vital mission for a healthier you



U.S. Department of Health and Human Services



5 tips to help you stick with your physical activity program

1. **Set a schedule and keep to it.**
2. **Get a friend or family member to join you.** Motivate each other to keep it up.
3. **Cross-train.** Alternate between different activities so as not to strain one part of the body day after day.
4. **Set goals.**
5. **Reward yourself.** At the end of each month that you stay on your exercise program, reward yourself with something new—new clothes, a compact disc, a new book—something that will help keep you committed. But don't use food as a reward.

Common questions about physical activity

How can I fit physical activity into my busy schedule?

Try breaking up your 30 minutes of activity throughout the day. For instance, take a walk in the morning for 10 minutes, rake leaves for 10 minutes, and take another 10-minute walk after dinner.

I am elderly and have difficulty moving.

Should I still try to exercise?

Yes, but be sure you talk to your doctor first to find out which activities are right for you. There are even activities you can do while sitting down.

I just joined a gym. What machines are best?

Stairclimbers and treadmills are excellent, since they simulate walking and climbing which can help burn fat, build endurance, and strengthen the cardiovascular system. Weightlifting also provides a great workout.

How can I prevent injuries?

Gradually build up the intensity and duration of your physical activity program over many weeks or months to avoid overdoing it. And always stretch before and afterwards.

Activities for moderate exercise



- **Brisk walking** (3-4 miles per hour)
- **Home care and general cleaning**
- **Home repair, such as painting**
- **Mowing the lawn** (with power mower)
- **Gardening**
- **Dancing**
- **Racket sports, such as table tennis**
- **Golf** (walking the course)
- **Fishing** (standing and casting, walking, or wading)
- **Swimming** (with moderate effort)
- **Cycling** (at a moderate speed of 10 miles per hour or less)
- **Canoeing or rowing** (at a speed of about 2-3.9 miles per hour)

Resources to help you stay healthy



Your Guide to Lowering High Blood Pressure

http://www.nhlbi.nih.gov/hbp/prevent/p_active/p_active.htm

NIH Senior Health offers more tips about physical activity, as well as video examples of specific activities that are important for seniors.

<http://www.nihseniorhealth.gov/exercise/toc.html>

Staying active can help save your life.



National High Blood Pressure
Education Program



What you need to know about blood pressure drugs

1. What are blood pressure medicines?

There are several types of blood pressure (BP) medicines. Each type works in a different way to lower BP. Your doctor may prescribe one or more drugs to lower your blood pressure.

2. What are the often-used types of BP medicines and how do they work?

- **Diuretics** remove salt and water from the body to lower blood pressure.
- **Beta Blockers** decrease the heart rate and the heart's blood output to lower blood pressure.
- **Vasodilators** and **Calcium Channel Blockers** cause narrowed blood vessels to relax and open to decrease blood pressure.
- **ACE inhibitor** and **ARB inhibitors** also relax blood vessels causing blood pressure to go down. (ACE stands for angiotensin converting enzyme and ARB stands for angiotensin receptor blocker.)

3. My diabetic sister does not have high BP, but she takes an ACE inhibitor. Why?

Studies have shown that people with diabetes, ACE inhibitors and ARB inhibitors not only work to lower blood pressure, but they also help to prevent or slow down kidney disease. They reduce the risk of heart attack and stroke. ACE inhibitors have also been proven to decrease the risk of death resulting from a heart attack or stroke in some patients.



4. I do not like how my blood pressure medicine makes me feel. How can I do without it?

If you make and maintain the lifestyle choices that enable your body to lower and to keep your BP at normal, your doctor may OK a trial period without blood pressure medicine.

5. What lifestyle choices might enable me to

control my BP without medicine?

You will need to live a health-oriented lifestyle, making healthy choices every day. These habits include eating a healthy diet, being active, and learning healthy ways of coping with your problems. If you are overweight, losing even a few pounds will help.

However, you need to know that only a small percentage of people who need BP medicine to get their blood pressure under control are able to safely stop taking it and maintain their BP control.

6. What are the side effects of blood pressure medicines?

- Drowsiness or feelings of weakness
- Cold hands and feet
- Depression
- Trouble sleeping
- Fast or slow heartbeat
- Skin rash
- Dry mouth or change in taste
- Dry, constant cough or trouble breathing
- Swelling in ankles
- Leg cramps
- Headache or dizziness
- Constipation or diarrhea

7. I have some of these side effects. I want to stop taking this medicine.

DO NOT STOP TAKING YOUR MEDICINE ON YOUR OWN. If you have been diagnosed with high blood pressure, you are putting yourself at risk for stroke or heart attack if you stop taking your BP medicine without having your BP under control.

A better approach is to tell your doctor about the side effects you think you are having from your medication. Your doctor will give you a new medicine or take other steps to relieve the side effects.

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1. Hypertension in diabetes (Diabetes and cardiovascular review:ADA); 04/07/2005
 2. What is high blood pressure medicine? (AHA); 04/07/05
 3. Types of blood pressure medicine (NHLBI,NIH); 04/07/05