

Mission In Motion

Health & Wellness Monthly Newsletter

February 2013—Healthy Heart / High Blood Pressure



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What you can do to improve your cholesterol numbers

Cholesterol is a type of blood fat that can increase your risk for heart disease when it's too high. LDL "bad Cholesterol" can build up blockages in your blood vessels like junk in a water pipe. HDL "good cholesterol" helps remove the bad cholesterol from your blood. Lifestyle steps that may help you manage cholesterol without medication include:

- **LOSE weight if you need to.**
- **Exercise.** In addition to helping you lose weight, it can increase the amount of good cholesterol in you blood.
- **Aim to eat at least 25 grams of high-fiber foods per day.** Soluble fiber like that found in oats, peas, beans, oranges, and apples can help lower bad cholesterol.
- **Choose lean protein sources like fish or chicken without the skin and low-fat dairy products.** Eat less red meat, whole milk, and butter.
- **Use unsaturated fats** like olive oil or canola oil for cooking.
- **Toss your cigarettes.** Smoking can lower your good cholesterol and decrease your fitness level, making it more difficult to exercise.
- **Avoid trans fats** like those found in processed and packaged foods as much as you can.

Getting out and getting active makes the heart sing.

- Strengthen your heart at any age with exercise, good nutrition and good times.

When we discover connections that tap into our inner passion, we unlock a world that helps us live and work well and inspires others. As a healthy distraction or for soul food alone, hobbies help bring out our best.

Your heart loves the hobbies that get you moving more, naturally. Dancing, gardening, community projects and local sports leagues are great ways to feel joy, get fit and form healthy relationships.

Source: Personal Best

CONGESTATIVE HEART FAILURE

Heart failure, also known as congestive heart failure (CHF), means your heart can't pump enough blood to meet your body's needs. Over time, conditions such as narrowed arteries in your heart (coronary artery disease) or high blood pressure gradually leave your heart too weak or stiff to fill and pump efficiently.

You can't reverse many conditions that lead to heart failure, but heart failure can often be treated with good results. Medications can improve the signs and symptoms of heart failure and help you live longer. Lifestyle changes, such as exercising, reducing the salt in your diet, managing stress, treating depression, and especially losing weight, can improve your quality of life.

The best way to prevent heart failure is to control risk factors and conditions that cause heart failure, such as coronary artery disease, high blood pressure, high cholesterol, diabetes or obesity.

HEART FAILURE SYMPTOMS

Heart failure can be chronic – meaning your condition is ongoing – or acute, meaning your condition has started suddenly.

Chronic heart failure signs and symptoms

- Shortness of breath (dyspnea) when you exert yourself or when you lie down
- Fatigue and weakness
- Swelling (edema) in your legs, ankles and feet
- Rapid or irregular heartbeat
- Reduced ability to exercise
- Persistent cough or wheezing with white or pink blood-tinged phlegm
- Swelling of your abdomen (ascites)
- Sudden weight gain from fluid retention
- Lack of appetite and nausea
- Difficulty concentrating or decreased alertness

Acute heart failure signs and symptoms

- Symptoms similar to those of chronic heart failure, but more severe and start or worsen suddenly
- Sudden fluid buildup
- Rapid or irregular heartbeat (palpitations)
- Sudden, severe shortness of breath and coughing up pink, foamy mucus
- Chest pain, if your heart failure is caused by a heart attack

When to see a doctor

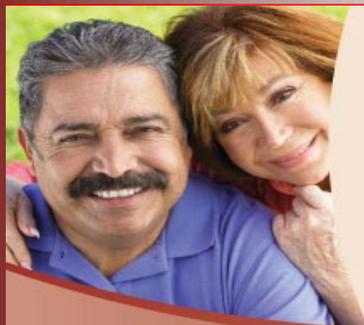
See your doctor if you experience any of the signs or symptoms associated with heart failure. These include:

- Chest pain
- Fatigue and weakness
- Rapid or irregular heartbeat
- Shortness of breath (dyspnea) when you exert yourself or when you lie down
- Reduced ability to exercise
- Persistent cough or wheezing with white or pink blood-tinged phlegm
- Swelling in your abdomen, legs, ankles and feet
- Difficulty concentrating or decreased alertness

You may first find out you have heart failure from an emergency room visit after worsening symptoms. Other heart and lung problems can cause symptoms that are similar to heart failure.

If you have a diagnosis of heart failure, and if any of the symptoms suddenly become worse or you develop a new sign or symptom, it may mean that existing heart failure is getting worse or not responding to treatment. Contact your doctor promptly.

Source: [By Mayo Clinic staff](#)



Reducing risk makes the heart grow stronger



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CHECKING YOUR BLOOD PRESSURE

Checking your blood pressure at home is an important part of managing high blood pressure. Find out how to use home monitors accurately.

Checking your blood pressure at home is an important part of managing high blood pressure (hypertension). The American Heart Association and other organizations recommend anyone who has high blood pressure monitor his or her blood pressure at home. Home monitoring can help you keep tabs on your blood pressure in a familiar setting, make certain your medication is working, and alert you and your doctors to potential health complications.

Because blood pressure monitors are available widely and without a prescription, home monitoring is an easy step you can take to improve your condition. Before you get started, it's important to know the right technique and to find a good home blood pressure monitor.

Why do I need to monitor my blood pressure at home?

Monitoring your blood pressure at home offers several benefits. It can:

- **Help make an early diagnosis of high blood pressure.** If you have prehypertension, or another condition that could contribute to high blood pressure, such as diabetes or kidney problems, home blood pressure monitoring could help your doctor diagnose high blood pressure earlier than if you have only infrequent blood pressure readings in the doctor's office.
- **Help track your treatment.** Home blood pressure monitoring can help people of all ages keep track of their condition — including children and teenagers who have high blood pressure. Self-monitoring provides important information between visits to your doctor. The only way to know whether your lifestyle changes or your medications are working is to check your blood pressure regularly. Keeping track of changes can help you and your health care team make decisions about your ongoing treatment strategy, such as adjusting dosages or changing medications.
- **Encourage better control.** Taking your own blood pressure measurements can result in better blood pressure control. You gain a stronger sense of responsibility for your health, and you may be even more motivated to control your blood pressure with an improved diet, physical activity and proper medication use.
- **Cut your health care costs.** Home monitoring may cut down on the number of visits you need to make to your doctor or clinic. This can reduce your overall health care costs, lower your travel expenses and save in lost wages.
- **Check if your blood pressure is different outside the doctor's office.** Your doctor may suspect that your blood pressure goes up due to the anxiety associated with being at the doctor's office, but is otherwise normal — a condition called white coat hypertension. Monitoring blood pressure at home or work, where that kind of anxiety won't cause those spikes, can help see if you have true high blood pressure or simply white coat hypertension.

Home and workplace monitoring may also help when the opposite occurs — your blood pressure seems fine at the doctor's office, but is elevated elsewhere. This kind of high blood pressure, sometimes called masked hypertension, is more common in women and those who have cardiovascular risk factors, such as obesity, high blood cholesterol and high blood sugar.

Not everyone can track blood pressure at home. If you have an irregular heartbeat, home blood pressure monitors might not give you an accurate reading. In some cases, the type of monitor you use could depend on your physical condition. If you're overweight or very muscular, you'll need to find a monitor with a larger arm cuff. If you have hearing loss, a monitor with a digital display may be more suitable.

Talk to your doctor, nurse or other health care professional about whether home monitoring is a good option. Keep in mind that a family member or friend who is properly trained may be able to take blood pressure measurements for you.

Source: [By Mayo Clinic staff](#)

MONTHLY SMARTS

FOOD SMARTS

Try to have seafood such as salmon or mackerel two or more times a week for its omega-3 fatty acids, which help to improve blood cholesterol levels.

HEALTHCARE CONSUMER SMARTS

Preventing heart disease is more cost-effective than treating it. Talk with your doctor about your risks for heart disease and heart attack, and how to reduce them.

SAFETY SMARTS

Secure your home from being an easy target for burglars. Keep doors and windows locked, especially when you are sleeping or not around. Leave an outdoor and an indoor light on at night when away.

Source: [Positive Promotions](#)





February Health & Wellness Seminar:

Topic: Healthy Heart

Date: February 28, 2013

Time: 2:30–3:30 pm

Speaker : To be announced

Location: City Hall—Council Chambers

Whip up this frothy cooler in minutes

Serves 4

Ingredients

- 1 1/2 cups orange juice, chilled
- 1 cup light vanilla soy milk (soya milk), chilled
- 1/3 cup silken or soft tofu
- 1 tablespoon dark honey
- 1 teaspoon grated orange zest
- 1/2 teaspoon vanilla extract
- 5 ice cubes
- 4 peeled orange segments

Directions

In a blender, combine the orange juice, soy milk, tofu, honey, orange zest, vanilla and ice cubes. Blend until smooth and frothy, about 30 seconds. Pour into tall, chilled glasses and garnish each glass with an orange segment.

Nutritional analysis per serving:

Serving size: About 1 cup (8 fluid ounces)

Calories	89	Sodium	21 mg
Total fat	1 g	Total carbohydrate	17 g
Saturated fat	<1 g	Dietary fiber	1 g
Trans fat	0 g	Sugars	4 g
Monounsaturated fat	<1 g	Protein	3 g
Cholesterol	0 mg		

Cartoon Corner

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I eat cheap greasy food so I can save for my cardiologist bills in the future.

Health & Wellness Seminars

March 2013—Nutrition

April 2013—Asthma and Allergies

(Topics subject to change)

*If you have a subject or topic that you would like more information on, feel free to make your request at 956-580-8630.

Burn Calculator: 500 Rule

Loose one pound a week by cutting 500 calories a day using this guide:

- ⇒ Burn 250 calories in activity, such as a 40-minute brisk walk.
- ⇒ Eat or drink 250 fewer calories, through smaller portions or one less snack or beverage.

Mission In Motion

Our mission is to promote health awareness and to encourage healthy lifestyles.

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