

Appendix A

8 things you can do to prevent and control high blood pressure

1. Talk with your health care professional. Ask what your blood pressure numbers are and ask what they mean.
2. Take medication as prescribed. If you need medication, make sure you understand what it's for and how and when to take it, then take it as your doctor recommends.
3. Lose weight if you are overweight and maintain a healthy weight. Limit portion sizes, especially of high calorie foods, and try to eat only as many calories as you burn each day- or less if you want to lose weight.
4. Eat heart healthfully. Follow an eating plan that emphasizes fruits, vegetables, and low-fat dairy products and is moderate in total fat and low in saturated fat and cholesterol.
5. Reduce salt and sodium intake. Read food labels to choose canned, processed, and convenience foods that are lower in sodium. Limit sodium intake to no more than 2,400 mg, or about 1 teaspoon's worth, of salt each day. Avoid fast foods that are high in salt and sodium.
6. If you drink alcoholic beverages, do so in moderation. For men, that means a maximum of 2 drinks a day, for women, a maximum of 1.
7. Become more physically active. Work up to at least 30minutes of a moderate-level activity, such as brisk walking or bicycling, each day. If you don't have 30minutes, try to find two 15-minute periods or even three 10-minute periods for physical activity.
8. Quit smoking. Smoking increases your chances of developing a stroke, heart disease, peripheral arterial disease, and several forms of cancer.

Resources to help you stay healthy

Your Guide to Lowering High Blood Pressure includes information on how to detect, prevent, and treat high blood pressure. Features the DASH eating plan, which has been shown to prevent and lower high blood pressure, and information specifically for women. <http://www.nhlbi.nih.gov/hbp/index.html>

Aim for a Healthy Weight includes a BMI calculator, tips for shopping and preparing food, and a menu planner that is designed to guide daily food and meal choices based on one day's calorie allowance. http://www.nhlbi.nih.gov/health/%20public/heart/obesity/lose_wt/index.htm

Live Healthier, Live Longer includes interactive materials for people with heart disease and those who want to prevent it. <http://www.nhlbi.nih.gov/chd/index.htm>

NHLBI Health Information Center General information and publications. P.O. Box 30105, Bethesda, MD 20824-0105 Tel 301-592-8573 Fax 301-592-8563 (Monday - Friday, 9 a.m. to 5 p.m. eastern time) TTY 240-629-3255 [http://www.nhlbi.nih.gov/health/infoctr/National High Blood Pressure Education Program](http://www.nhlbi.nih.gov/health/infoctr/National%20High%20Blood%20Pressure%20Education%20Program) S. Department of Health and Human Services U t _ N _ N t

Note: Adapted from "8 Things You Can Do To Prevent And Control High Blood Pressure," by National Heart, Lung, and Blood Institute, National Institutes of Health, U.S. Department of Health and Human Services, 2008. Found in Centers for Disease Control and Prevention, 2008. The community health worker's sourcebook: A training manual for preventing heart disease and stroke. Retrieved from http://www.cdc.gov/dhdsp/programs/nhdsp_program/chw_sourcebook/pdfs/sourcebook.pdf

Appendix B

Other Questions to Ask Your Doctor

Do you know what cuff size you should have on a home blood pressure monitor?

Has someone shown you how to check your blood pressure with your own monitor?

Has someone shown you how to record your numbers after you have checked your blood pressure?

How often does the doctor say you should check your blood pressure?

How many blood pressure readings does your doctor advise taking at one time?

Should you take just one reading, or should you take 3 readings and average them?

When should you call or e-mail your doctor or nurse about your blood pressure numbers?

When should you make an appointment to see your doctor about your blood pressure numbers?

Note: Adapted from "Other Questions To Ask Your Doctor," by M. N. Hill, RN, PhD, Dean and Professor,

School of Nursing, Johns Hopkins University, Baltimore, Maryland 2008. Found in Centers for Disease Control and Prevention, 2008. The community health worker's sourcebook: A training manual for preventing heart disease and stroke. Retrieved from http://www.cdc.gov/dhdsp/programs/nhdsp_program/chw_sourcebook/pdfs/sourcebook.pdf