

IN BRIEF:



Your Guide To Lowering Your Blood Pressure With DASH



What you eat affects your chances of developing high blood pressure (hypertension). Research shows that high blood pressure can be prevented—and lowered—by following the Dietary Approaches to Stop Hypertension (DASH) eating plan, which includes eating less salt and sodium.

High blood pressure, which is blood pressure higher than 140/90 mmHg,* affects more than 65 million—or 1 out of every 3—American adults. Another 59 million Americans have prehypertension, which is blood pressure between 120/80 and 140/89 mmHg. This increases their chances of developing high blood pressure and its complications.

High blood pressure is dangerous because it makes your heart work too hard, hardens the walls of your arteries, and can cause the brain to hemorrhage or the kidneys to function poorly or not at all. If not controlled, high blood pressure can lead to heart and kidney disease, stroke, and blindness.

* Blood pressure is usually measured in milligrams of mercury, or mmHg.



But high blood pressure can be prevented—and lowered—if you take these steps:

- Follow a healthy eating plan, such as DASH, that includes foods lower in salt and sodium.
- Maintain a healthy weight.
- Be moderately physically active for at least 30 minutes on most days of the week.
- If you drink alcoholic beverages, do so in moderation.

If you already have high blood pressure and your doctor has prescribed medicine, take your medicine, as directed, and also follow these steps.

The DASH Eating Plan

The DASH eating plan is rich in fruits, vegetables, fat-free or low-fat milk and milk products, whole grains, fish, poultry, beans, seeds, and nuts. It also contains less salt and sodium; sweets, added sugars, and sugar-containing beverages; fats; and red meats than the typical American diet. This heart healthy way of eating is also lower in saturated fat, *trans* fat, and cholesterol and rich in nutrients that are associated with lowering blood pressure—mainly potassium, magnesium, and calcium, protein, and fiber.



U.S. Department of Health and Human Services
National Institutes of Health
National Heart, Lung, and Blood Institute

Your Guide To Lowering Your Blood Pressure

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Your Guide To Lowering Your Blood Pressure:

Your Guide to Lowering Your Blood Pressure with the DASH Eating Plan (rev. ed.) Nat. Heart, 2011-07-13 What you choose to eat affects your chances of developing high blood pressure or hypertension the medical term Studies show that blood pressure can be lowered by following the Dietary Approaches to Stop Hypertension DASH eating plan and by eating less salt also called sodium While each step alone lowers blood pressure the combination of the eating plan and a reduced sodium intake gives the biggest benefit and may help prevent the development of high blood pressure This guide based on the DASH research findings tells how to follow the DASH eating plan and reduce the amount of sodium you consume Contents Introduction What Is High Blood Pressure What Is the DASH Eating Plan How Do I Make the DASH How Can I Get Started on the DASH Eating Plan A Week With the DASH Eating Plan Recipes for Heart Health Figures and tables This is a print on demand report

Dash Diet Plan National Institute of Health, Gale Schoenle, 2012-02-01 DASH Diet Plan Your Guide to Lowering High Blood Pressure With 7 Days Program is a medical guide that will help everyone who has a high blood pressure problem This book gives you a basic concept about high blood pressure and DASH how you can make and start with the DASH Finally This book include a 7 days DASH program which effectively lower your blood pressure with recipes that you can do it at home Contents in this book DASH Diet Plan Your Guide to Lowering High Blood Pressure Introduction What Is High Blood Pressure Box 1 Blood Pressure Levels for Adults What Is the DASH Eating Plan Box 2 Daily Nutrient Goals Used in the DASH Studies for a 2 100 Calorie Eating Plan Who Helped With DASH How Do I Make the DASH Box 3 Following the DASH Eating Plan Box 4 DASH Eating Plan Number of Daily Servings for Other Calorie Levels Box 5 How to Lower Calories on the DASH Eating Plan Box 6 Make a Dash for DASH Box 7 Where s the Sodium Box 8 Tips To Reduce Salt and Sodium Box 9 Reducing Salt and Sodium When Eating Out Box 10 Compare Nutrition Facts Labels on Foods Box 11 Label Language Box 12 Where s the Potassium How Can I Get Started on the DASH Eating Plan Box 13 Getting Started Box 14 What s on Your Plate Box 15 Making the DASH to Good Health A Week With the DASH Eating Plan Recipes for Heart Health [Your Guide to Lowering Blood Pressure](#), 2003 *Your Guide to Lowering Your Blood Pressure with DASH Eating Plan* National Heart, Lung, and Blood Institute, & Blood Institute Lung, 2006

Your Guide to Lowering Your Blood Pressure with DASH National Heart Lung, 2019-05-13 Get with the plan that is clinically proven to significantly reduce blood pressure This updated booklet contains a week s worth of sample menus and recipes The Dietary Approaches to Stop Hypertension DASH eating plan features plenty of fruits vegetables whole grains and other foods that are heart healthy and low in salt sodium Also contains additional information on weight loss and physical activity For those interested in a condensed version on this topic see In Brief Your Guide to Lowering Your Blood Pressure with DASH

Your Guide to Lowering Your Blood Pressure with DASH, 2006 [DASH Diet Plan](#) National Institute of Health, 2012-09-11 DASH Diet Plan Your Guide to Lowering High Blood Pressure 2nd Edition is already fixed the printed plan issue and all new tables and plans are changed

for easy reading Introduction Research has found that diet affects the development of high blood pressure or hypertension the medical term Recently two studies showed that following a particular eating plan called the DASH diet and reducing the amount of sodium consumed lowers blood pressure While each step alone lowers blood pressure the combination of the eating plan and a reduced sodium intake gives the biggest benefit and may help prevent the development of high blood pressure Your Guide to Lowering Your Blood Pressure With DASH ,2006 **Your Guide to Lowering Your Blood Pressure with Dash** U. S. Department Human Services,National Health,Department Of Health And Human Services,Lung, and Blood, National Heart Institute,National Heart Lung Institute, And,2012-07-09 This book by the National Institutes of Health Publication 06 4082 and the National Heart Lung and Blood Institute provides information and effective ways to work with your diet because what you choose to eat affects your chances of developing high blood pressure or hypertension the medical term Recent studies show that blood pressure can be lowered by following the Dietary Approaches to Stop Hypertension DASH eating plan and by eating less salt also called sodium While each step alone lowers blood pressure the combination of the eating plan and a reduced sodium intake gives the biggest benefit and may help prevent the development of high blood pressure This book based on the DASH research findings tells how to follow the DASH eating plan and reduce the amount of sodium you consume It offers tips on how to start and stay on the eating plan as well as a week of menus and some recipes The menus and recipes are given for two levels of daily sodium consumption 2 300 and 1 500 milligrams per day Twenty three hundred milligrams is the highest level considered acceptable by the National High Blood Pressure Education Program It is also the highest amount recommended for healthy Americans by the 2005 U S Dietary Guidelines for Americans The 1 500 milligram level can lower blood pressure further and more recently is the amount recommended by the Institute of Medicine as an adequate intake level and one that most people should try to achieve The lower your salt intake is the lower your blood pressure Studies have found that the DASH menus containing 2 300 milligrams of sodium can lower blood pressure and that an even lower level of sodium 1 500 milligrams can further reduce blood pressure All the menus are lower in sodium than what adults in the United States currently eat about 4 200 milligrams per day in men and 3 300 milligrams per day in women Those with high blood pressure and prehypertension may benefit especially from following the DASH eating plan and reducing their sodium intake *Handbook of Religion and Health* Harold Koenig,Dana King,Verna B. Carson,2012-02-06 The Handbook of Religion and Health has become the seminal research text on religion spirituality and health outlining a rational argument for the connection between religion and health The Second Edition completely revises and updates the first edition Its authors are physicians a psychiatrist and geriatrician a primary care physician and a professor of nursing and specialist in mental health nursing The Second Edition surveys the historical connections between religion and health and grapples with the distinction between the terms religion and spirituality in research and clinical practice It reviews research on religion and mental health as well as extensive research literature on the mind body

relationship and develops a model to explain how religious involvement may impact physical health through the mind body mechanisms It also explores the direct relationships between religion and physical health covering such topics as immune and endocrine function heart disease hypertension and stroke neurological disorders cancer and infectious diseases and examines the consequences of illness including chronic pain disability and quality of life Finally the Handbook reviews research methods and addresses applications to clinical practice Theological perspectives are interwoven throughout the chapters The Handbook is the most insightful and authoritative resource available to anyone who wants to understand the relationship between religion and health

Primary Care - E-Book Terry Mahan Buttaro, Patricia Polgar-Bailey, Joanne Sandberg-Cook, JoAnn Trybulski, 2012-03-01 Written by and for Nurse Practitioners from a unique collaborative perspective Primary Care A Collaborative Practice 4th Edition prepares you to provide care for all of the major disorders of adults seen in the outpatient setting Evidence based content reflects the latest guidelines for primary care of hundreds of conditions including hypertension diabetes and sexually transmitted infections Now in full color the 4th Edition includes chapters on emerging topics such as genetics obesity lifestyle management and emergency preparedness Combining a special blend of academic and clinical expertise the author team provides a practical text reference that promotes a truly collaborative primary care practice Comprehensive evidence based content incorporates the latest standardized guidelines for primary care in today's fast paced collaborative environment Unique A collaborative perspective reflecting the key roles of NPs MDs PAs PharmDs and others promotes seamless continuity of care A consistent format from chapter to chapters facilitates learning and clinical reference value Diagnostics and Differential Diagnosis boxes provide a quick reference for diagnosing disorders and helping to develop effective management plans Physician Consultation icons highlight situations or conditions in which consultation is either recommended or necessary Emergency Referral icons identify signs and symptoms that indicate the need for immediate referral to an emergency facility Co management with Specialists discussions help you provide truly collaborative care in the outpatient setting Complementary and alternative therapies are addressed where supported by solid research evidence

Medical-Surgical Nursing - E-Book Sharon L. Lewis, Linda Bucher, Margaret M. Heitkemper, Shannon Ruff Dirksen, 2014-03-14 Over the past three decades more and more nursing educators have turned to Lewis Medical Surgical Nursing for its accurate and up to date coverage of the latest trends hot topics and clinical developments in the field of medical surgical nursing and the new ninth edition is no exception Written by a dedicated team of expert authors led by Sharon Lewis Medical Surgical Nursing 9th Edition offers the same easy to read style that students have come to love along with the timely and thoroughly accurate content that educators have come to trust Completely revised and updated content explores patient care in various clinical settings and focuses on key topics such as prioritization critical thinking patient safety and NCLEX exam preparation Best of all a complete collection of interactive student resources creates a more engaging learning environment to prepare you for clinical practice Highly readable format gives you a strong

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Williams' Essentials of Nutrition and Diet Therapy - E-Book Eleanor Schlenker, Joyce Ann Gilbert, 2014-10-15 From basic nutrition principles to the latest nutrition therapies for common diseases Williams Essentials of Nutrition Diet Therapy 11th Edition offers a solid foundation in the fundamental knowledge and skills you need to provide effective patient care Authors Eleanor Schlenker and Joyce Gilbert address nutrition across the lifespan and within the community with an emphasis on health promotion and the effects of culture and religion on nutrition Evidence based information real world case scenarios colorful illustrations boxes and tables help you learn how to apply essential nutrition concepts and therapies in clinical practice Key terms identified in the text and defined on the page help reinforce critical concepts Case studies illustrate key concepts in authentic real life scenarios that reinforce learning and promote nutritional applications Evidence Based Practice boxes summarize current research findings Diet Medication Interactions boxes provide diet warnings related to specific prescription drugs Focus on Culture boxes introduce you to cultural competence and the special nutritional needs health problems and appropriate interventions applicable to different cultural ethnic racial and age groups Health Promotion section devoted solely to health promotion and wellness stresses healthy lifestyle choices and prevention as the best medicine Focus on Food Safety boxes alert you to food safety

issues related to a particular nutrient age group or medical condition Complementary and Alternative Medicine CAM boxes offer uses contraindications and advantages disadvantages of common types of herbs and supplements and potential interactions with prescription or over the counter medications Perspective in Practice boxes supply you with practice elements for nutrition education Websites of Interest call outs cite key websites with suggestions for further study and exploration of various nutrition topics at the end of each chapter NEW Clinical nutrition chapters cover the latest guidelines and medications NEW MyPlate replaces former Food Guide Pyramid NEW Dietary Guidelines for Americans reflect 2010 changes UPDATED Review questions emphasize critical thinking NEW Streamlined content provides the essentials of nutrition and diet therapy **MedlinePlus**, 2006 *Nutrition Essentials: Practical Applications* Dr. Paul Insel, Don Ross, Kimberley McMahon, Melissa Bernstein, 2022-09-29 Perfect for the introductory non majors course Nutrition Essentials Practical Applications equips students with the knowledge and know how to navigate the wealth of health and nutritional information an misinformation available to them and determine how to incorporate it into their everyday lives Throughout the text this acclaimed author team delivers current science based information in a format accessible to all students while urging them to take responsibility for their nutrition health and overall well being With a wealth of teaching and learning tools incorporated throughout the text Nutrition Essentials empowers readers to monitor understand and affect their own nutritional behaviors Every new copy print copy of Nutrition Essentials includes 365 day Navigate Advantage access Up to date content reflects the Dietary Guidelines for Americans 2020 2025 Think About It questions at the beginning of each chapter present realistic nutrition related situations and ask students to consider how they behave under such circumstances Position Statements from distinguished organizations such as the Academy of Nutrition and Dietetics the American College of Sports Medicine and the American Heart Association relate to the chapter topics and bolster the assertion made by the authors by showcasing concurrent opinions held by some of the leading organizations in nutrition and health What Does Food Mean to You boxes are included in every chapter and pose provocative questions such as How can I eat a Mediterranean diet and How much should I worry about vitamins Ask an Expert features interviews with experts in the field A variety of questions are posed related to healthy eating as well as to the profession itself Quick Bites sprinkled throughout the book offer fun facts about nutrition related topics such as exotic foods social customs origins or phrases folk remedies medical history and more FYI For Your Information sections offer more in depth discussions of controversial and timely topics such as unfounded claims about the effects of sugar whether athletes need more protein and the usefulness of the glycemic index Nutrition Science in Action is an exciting feature that walks students through science experiments involving nutrition Going Green boxes address the nutrition community s concern about the importance of environmental issues in our time The Learning Portfolio at the end of each chapter condenses all aspects of nutrition information that students need to solidify their understanding of the material and acts as a great study guide Instructor Resources include a Test Bank for every

chapter slides in PowerPoint format an Image Bank and an Instructor s Manual with lecture outlines discussion questions and answers to the in text Study Questions 2024 750 pages Novel Strategies and Approaches in Hypertension Therapy Hafize Uzun,Pinar Atukeren,2019-10-04 INTRODUCTION Hypertension has become a major public health problem in the last few decades High blood pressure is a serious risk factor for premature cardiovascular disease and end organ damage including left ventricular hypertrophy and congestive heart failure which in turn increases the risk of cardiovascular morbidity and mortality While studies of hypertension have been performed worldwide in a variety of epidemiological settings such as diabetes renal function obesity and thyroid disorders there is a need to identify appropriate treatment strategies Novel Strategies and Approaches in Hypertension introduces the reader to different aspects of hypertension treatment environmental and occupational factors and different clinical settings that can trigger the disease The book also covers special topics related to the use of new diagnostic biomarkers for hypertension patients as well as endocrine and nutrition focused approaches to treat the condition This reference book will be useful for medical professionals involved in the management and care of patients affected with hypertension Series Introduction Frontiers in Hypertension presents reference works textbooks and monographs on both fundamental and advanced topics related to the pathophysiology diagnosis and treatment of hypertension The series is essential reading for medical students and professionals involved in hypertension and allied subspecialty treatment programs *Grieve's Modern Musculoskeletal Physiotherapy* Gwendolen Jull,Ann Moore,Deborah Falla,Jeremy Lewis,Christopher McCarthy,Michele Sterling,2015-05-11 Since the third edition of Grieve s Modern Manual Therapy was published in 2005 the original concepts of manipulative therapy have grown to embrace new research generated knowledge Expansions in practice have adopted new evidence which include consideration of psychological or social moderators The original manual therapy or manipulative therapy approaches have transformed into musculoskeletal physiotherapy and this is recognized by the change in title for the new edition Grieve s Modern Musculoskeletal Physiotherapy Grieve s Modern Musculoskeletal Physiotherapy continues to bring together the latest state of the art research from both clinical practice and the related basic sciences which is most relevant to practitioners The topics addressed and the contributing authors reflect the best and most clinically relevant contemporary work within the field of musculoskeletal physiotherapy With this as its foundation and a new six strong editorial team at its helm the fourth edition now expands its focus from the vertebral column to the entire musculoskeletal system For the first time both the spine and extremities are covered capturing the key advances in science and practices relevant to musculoskeletal physiotherapy The book is divided into five parts containing multiple sections and chapters The first part looks at advances in the sciences underpinning musculoskeletal physiotherapy practice Here there is commentary on topics such as movement the interaction between pain and motor control as well as neuromuscular adaptations to exercise Applied anatomical structure is covered in addition to the challenges of lifestyle and ageing A new section highlights the important area of measurement and

presents the scope of current and emerging measurements for investigating central and peripheral aspects relating to pain function and morphological change Another section discusses some contemporary research approaches such as quantitative and qualitative methods as well as translational research Part III contains sections on the principles of and broader aspects of management which are applicable to musculoskeletal disorders of both the spine and periphery Topics include models for management prescription communication and pain management and contemporary principles of management for the articular nervous and sensorimotor systems In recognition of the patient centred and inclusive nature of contemporary musculoskeletal practice there is also discussion about how physiotherapists may use cognitive behavioural therapies when treating people with chronic musculoskeletal disorders The final part of the book focuses on selected contemporary issues in clinical practice for a particular region condition or the most topical approaches to the diagnosis and management of a region A critical review of the evidence or developing evidence for approaches is given and areas for future work are highlighted Presents state of the art manual therapy research from the last 10 years Multidisciplinary authorship presents the viewpoints of different professions crucial to the ongoing back pain management debate Highly illustrated and fully referenced

Hypertension Management for the Primary Care Clinician Alan H. Mutnick, 2004 The book combines comprehensive coverage of various aspects of hypertension with guidance in conveying important concepts knowledge and advice to patients The result is a highly useful tool for achieving clinically successful cost effective pharmaceutical care for hypertensive patients and for reducing the morbidity and mortality associated with this devastating disease state Book jacket

Decoding **Your Guide To Lowering Your Blood Pressure**: Revealing the Captivating Potential of Verbal Expression

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