

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 With Dash

Michael Brown



Your Guide To Lowering Your Blood Pressure With Dash:

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

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

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 includes a 7 days DASH program which effectively lowers your blood pressure with recipes that you can do 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 Your Blood Pressure with DASH Eating Plan National Heart, Lung, and Blood Institute, & Blood Institute Lung, 2006

Your Guide to Lowering Blood Pressure, 2003 [Your Guide to Lowering Your Blood Pressure with DASH](#), 2006

Nutrition Barbara A. Brehm, 2015-06-10 This thorough one stop resource draws on solid science and the latest research to play a dual educational role providing background for students

while answering general readers questions about a wide range of nutrition related topics Nutrition is a popular but often misunderstood topic one about which there is a great deal of interest as evidenced by the plethora of available advice Because nutrition is a key factor in health it is important that the public have a source of information they can trust This is that source a comprehensive overview that will help readers make sense of conflicting information they find in the media regarding what is healthy and what is not Organized alphabetically the two volume work covers the most important topics in human nutrition including nutrients nutrition related health concerns aging and nutrition eating disorders and the value of dietary supplements The digestive system and its organs are discussed with particular attention to health issues such as irritable bowel syndrome and the role of helpful bacteria The physiology of hunger and the psychology of appetite and eating behaviors are explained The work also delves into data on foods that have been featured in recent research such as garlic ginger and turmeric and it offers consumers a clearer understanding of nutrition related practices such as organic farming genetically modified foods and the use of food additives

Nutritional Foundations and Clinical Applications - E-Book

Michele Grodner, Sara Long Roth, Bonnie C. Walkingshaw, 2013-08-07 Now in its 5th edition the critically acclaimed Nutritional Foundations and Clinical Applications A Nursing Approach offers you a comprehensive first hand account of the ways in which nutrition affects the lives of nursing professionals and everyday people Discussions on nutritional needs and nutritional therapy from the nurse s perspective define your role in nutrition wellness and health promotion The dynamic author team of Grodner Roth and Walkingshaw utilizes a conversational writing style and a variety of learning features help you apply your knowledge to the clinical setting Content updates specifically to the Dietary Guidelines for Americans 2010 an online resource a new logical organization and much more prepare you to handle the challenges you face with ease Emphasis on health promotion and primary prevention stresses the adoption of a healthy diet and lifestyle to enhance quality of life Content Knowledge and Critical Thinking Clinical Applications case studies reinforce knowledge and help you apply nutrition principles to real world situations Cultural Considerations boxes discuss various eating patterns related to ethnicity and religion to help you understand the various influences on health and wellness Personal Perspective boxes demonstrate the personal touch for which this book is known and offer first hand accounts of interactions with patients and their families Health Debate and Social Issue boxes explore controversial health issues and encourage you to develop your own opinions Teaching tool boxes provide tips and guidance to apply when educating patients Website listings with a short narrative at the end of every chapter refer you to additional online resources Updated content to Dietary Guidelines for Americans 2010 keeps you current Additional questions added to case studies in the Nursing Approach boxes help you focus on practical ways you can use nutrition in practice Study tools on Evolve present virtual case studies and additional questions with instant feedback to your answers that reinforce your learning Online icons throughout the text refer you to the NEW Nutrition Concepts Online course content A logical organization to updated and streamlined content lets you find the information you

need quickly Jones & Bartlett Learning's Comprehensive Medical Assisting Judy Kronenberger, Julie Ledbetter, 2023-03-31
Designed to ensure that every medical assisting graduate can quickly trade a cap and gown for a set of scrubs Jones Bartlett Learning's Comprehensive Medical Assisting Sixth Edition is more than just a textbook it's an engaging dynamic suite of learning resources designed to train medical assisting students in the administrative and clinical skills they'll need in today's rapidly changing health care environment This edition has been updated to include the most current American Association of Medical Assistants AAMA curriculum standards for medical assistants in all three domains cognitive psychomotor and affective These standards are required for the Commission on Accreditation of Allied Health Education Programs CAAHEP accredited programs **Nutrition in Public Health** Arlene Spark, 2007-05-11 Nutrition plays a key role in many areas of public health such as pre term delivery cancer obesity diabetes and cardiovascular and renal diseases Government nutrition policy therefore bears a huge influence on the nation's biggest health concerns There is a clear need for information on this topic that unarguably holds the key to the primary **Family Practice Guidelines** Jill C. Cash, Cheryl A. Glass, 2010-11-18
Named a 2013 Doody's Core Title This is a wonderful book for both novice and experienced physician assistants and nurse practitioners This latest edition will see frequent use in your daily practice Score 100 5 stars Doody's Medical Reviews This textbook provides comprehensive coverage of primary care disorders in an easy to read format and contains invaluable step by step instructions for evaluating and managing primary care patients It belongs in every NP and PA's reference library I highly recommend this wonderful textbook Maria T Leik MSN FNP BC ANP BC GNP BC President National ARNP Services Inc Family Practice Guidelines is an excellent resource for the busy clinician It offers succinct comprehensive information in an easy format that is particularly useful for quick reference This text is useful for general practice settings as well as specialty care Anne Moore APN WHNP ANP BC FAANP Vanderbilt University The second edition of Family Practice Guidelines is a comprehensive resource for clinicians presenting current national standard of care guidelines for practice in addition to select 2011 guidelines This clinical reference features detailed physical examination and diagnostic testing information on health promotion guidelines of care dietary information national resources for patient use and patient education handouts all in one resource This revised edition features guidelines for 246 disorders each containing clearly outlined considerations for pediatric pregnant and geriatric patients It also presents 18 procedures commonly performed in the clinical setting including bedside cystometry hernia reduction neurological examination and more Patient Teaching Guides are also provided and are designed to be given directly to patients as take home teaching supplements Additionally the book contains four appendices with guidelines on normal lab values procedures sexual maturity stages and teeth New to this Edition Select 2011 guidelines Over 17 new protocols including ADD ADHD Menopause Migraine Chronic Kidney Disease in Adults Obesity Gastric Bypass and more Completely updated Patient Teaching Guides including a new entry on Anticoagulation Therapy for Patients with AFib to tear out and send home with patients Addition of consultation and referral

recommendations New chapter presenting Pain Management Guidelines for acute and chronic pain Completely updated national treatment guidelines

Manual of Lifestyle Medicine James M. Rippe, 2021-05-06 The fundamental premise of lifestyle medicine is that daily habits profoundly impact health and quality of life both in the short term and long term Written by lifestyle medicine pioneer and cardiologist Dr James Rippe this book provides a clinically oriented evidence based look into key lifestyle factors and how to prescribe them to individuals of all ages Written for professionals working at all levels of medical and healthcare practice this manual summarizes the major components of lifestyle medicine from physical activity and nutrition to weight management and the avoidance of tobacco products It includes clinical guidelines and practices for using lifestyle medicine principles to lower the risk of numerous chronic conditions The manual also provides information on behavior change approaches to lowering the risk of dementia treatment of addictions and injury prevention Features Explains how lifestyle medicine can reduce the risk of heart disease diabetes cancer osteoarthritis dementia and many other chronic conditions Chapters begin with bulleted key points and conclude with a list of clinical applications Provides strategies for prescribing physical activity and helping patients improve their nutrition lose weight if necessary and reduce stress Includes clinically relevant sections on Treating Addiction Preventing Injury and Improving Brain Health This book provides updated and clinically targeted summaries used in conjunction with Dr Rippe's major academic textbook Lifestyle Medicine now in its third edition published by CRC Press Taylor Francis Group LLC

Cardio-Diabetes Medicine 2021: Clinical Update S Arulraj, Mangesh Tiwashkar, Aarth Kannan, 2021-11-30 Cardiometabolic refers to heart disease that develops in people who have diabetes Compared with people who don't have diabetes people who have diabetes are at higher risk of heart disease have additional causes of heart disease may develop heart disease at a younger age and may have more severe heart disease This book is a comprehensive guide to the diagnosis and management of cardiometabolic Comprising 36 chapters each one focuses on a different aspect of the condition clearly explaining pathophysiology symptoms and investigations clinical diagnosis evaluation and treatment strategies A complete chapter is dedicated to the occurrence and management of cardiometabolic and chronic kidney disease The text is further enhanced by clinical images illustrations and figures many depicting digital interventions Key points Comprehensive guide to diagnosis and management of cardiometabolic Covers many aspects of the disease explaining pathophysiology investigations evaluation diagnosis and management of each one Includes chapter on cardiometabolic and chronic kidney disease Highly illustrated with clinical photographs diagrams and figures

RSSDI Textbook of Diabetes Mellitus Shashank R Joshi, 2020-02-28 Diabetes mellitus is a group of metabolic diseases in which a person has high blood sugar either because the body does not produce enough insulin or because cells do not respond to the insulin that is produced The fourth edition of Textbook of Diabetes Mellitus has been fully revised to provide clinicians with the latest developments in the field Divided into 19 sections the book begins with discussion on the epidemiology physiology and metabolism of the disease its diagnosis and classification and aetiopathogenesis genetics and

hormone action The following sections cover types of diabetes including in different segments of the population clinical features and complications diabetes with comorbidities and management of the disease through both pharmacotherapy and non pharmaceutical methods Key points Fully revised new edition presenting latest advances in diagnosis and management of diabetes mellitus Covers diabetes in different population groups and with comorbidities Highly illustrated with clinical photographs diagrams and tables Previous edition 9789351520900 published in 2014 *Home Health Aide: Guidelines for Care Instructor Manual* Tina Marrelli,2007-09-05 Modern Nutrition in Health and Disease Katherine L. Tucker,Christopher P. Duggan,Gordon L. Jensen,Karen E. Peterson,2024-11-27 Introducing the twelfth edition of *Modern Nutrition in Health and Disease* a seminal text in the field of nutrition Originally published in 1950 this revised print and digital edition now in full color serves as both a comprehensive learning resource for undergraduate and graduate nutrition majors and an authoritative reference for nutrition practitioners Authored and edited by distinguished experts worldwide this twelfth edition features new chapters on interprofessional practice global food systems precision nutrition and more With a focus on physiological nutrition principles and fully referenced with the latest scientific research this edition showcases major advancements in understanding nutrition s role in disease prevention It continues the tradition of providing in depth information on various aspects of nutrition making it an invaluable tool for undergraduates graduate nutrition majors and the medical community **Handbook of Nutrition and the Kidney** William E. Mitch,T. Alp Ikizler,2017-08-22 Revised and updated by experts in both nephrology and clinical nutrition this seventh edition of *Handbook of Nutrition and the Kidney* provides practical and clinically relevant information for addressing the nutritional needs of patients with acute and chronic kidney disease Concise yet in depth the book is packed with tables and charts in every chapter and outlines detailed and daily nutritional requirements including proteins vitamins minerals lipids other fatty acids and more *Clinical Practice Guidelines for Midwifery & Women's Health* Tharpe,Cindy L. Farley,Robin G. Jordan,2016-05-20 *Clinical Practice Guidelines for Midwifery Women s Health* Fifth Edition is an accessible and easy to use quick reference guide for midwives and women s healthcare providers Completely updated and revised to reflect the changing clinical environment it offers current evidence based practice updated approaches and opportunities for midwifery leadership in every practice setting Also included are integrative alternative and complementary therapies The Fifth Edition examines the transition to the use of ICD 10 codes women s health policy and advocacy risk assessment and decision making in practice and inspiring trust in midwifery care New clinical practice guidelines include health promotion and primary care practice such as promoting restorative sleep optimizing oral health promoting a healthy weight and caring for the woman with a substance abuse disorder **Obesity and Disease in an Interconnected World: A Systems Approach to Turn Huge Challenges into Amazing Opportunities** Judith Wylie-Rosett,Sunil S. Jhangiani,2015-04-02 Globalization and economic progress has been accompanied with an increase in the incidence of obesity cardiovascular disease and other non communicable illnesses

worldwide among populations in some countries Obesity and Disease examines how these rising epidemics of obesity and other lifestyle problems are changing health guidelines globally from directing health care professionals on how to care for individuals to encouraging them to embrace the interconnected systems involved in chronic disease risk management prevention and treatment With a focus on systems this reference serves as an excellent resource on how to develop a more comprehensive approach to population health Starting with a systematic approach to health risk assessment in section one followed by a targeted approach to risk reduction and prevention in section two the eBook moves along seamlessly into section three calling for a shared responsibility toward strengthening health systems globally that can help determine and improve upon the health of individuals and societies across the world Obesity and Disease gives applicable concepts to readers in a multidisciplinary and collaborative approach to alter health systems and implement changes that promote health and wellness in the communities they serve and live in The information and resources in this eBook also serve as a guideline for collaborations across professional associations with a goal of developing strategic plans to combat obesity and diabetes

Clinical Nutrition Leah Coles, 2013-12-13 This title includes a number of Open Access chapters The field of clinical nutrition as a whole seeks to consider the nutrition of patients within the healthcare system paying attention to the interactions between diet nutrition and disease To that end this book discusses nutrition as both a contributing and managing factor in relation to disease

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