

Are you overweight? Plan to be healthy!



If you have too much fat — especially around your waist — there is more of a chance you may have health problems. These problems include heart disease, high blood pressure, high cholesterol, stroke, and type 2 diabetes.

Am I overweight?

To see if you are overweight, your doctor may use what is called a Body Mass Index (BMI). BMI compares your height and weight. It shows if you are underweight, at a healthy weight, overweight, or obese.

Your doctor may also measure your waist. Knowing both your BMI and your waist size will tell you if your weight is in a healthy range. It can also help you plan your weight loss goals.

You may be overweight if:	Your BMI (kg/m ²) is	Or your waist size is
For a Woman	25 or more	35 inches or more
For a Man	25 or more	40 inches or more

What can I do?

Eating healthy foods and being more active can help you lose weight and keep it off. Losing just 10-20 pounds can help lower your health risks!

Eat healthy foods — Work with your doctor or dietitian to come up with a healthy eating plan.

Your plan should include:

- Foods you like to eat
- Different kinds of food
- The calories and nutrients you need to be healthy

Be more active — Work with your doctor to make a plan to get regular physical activity. If your doctor agrees, almost every day you should get at least 30 minutes of moderate-intensity exercise, like taking a brisk walk. This 30 minutes of exercise does not need to be done all at one time. Being a little active is better than not being active at all.

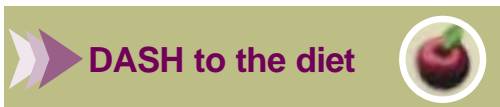
If you think you may be overweight, talk to your doctor about a plan to be healthier.

DASH* to the Diet:

Prevent and control high blood pressure following the DASH eating plan



What everyone should know about healthy eating



The DASH eating plan (*Dietary Approaches to Stop Hypertension) has been shown to prevent and reduce high blood pressure. It's rich in fruits and vegetables and lowfat dairy products, moderate in total fat, and low in saturated fat and cholesterol. It's even more effective if you also reduce your salt and sodium intake.

This eating plan can help you lose weight if you are overweight, which also will help lower your blood pressure.



U.S. Department of Health and Human Services

10 delicious ways to DASH down high blood pressure



1. Be spicy instead of salty. In cooking and at the table, flavor foods with herbs, spices, lemon, lime, vinegar, or salt-free seasoning blends.
2. Use fresh poultry, fish, and lean meat, rather than canned, smoked, or processed types.
3. Eat moderate portions, and when snacking, eat fruit, vegetable sticks, unbuttered and unsalted popcorn, or bread sticks.
4. Choose “convenience” foods that are lower in sodium. Cut back on frozen dinners, pizza, packaged mixes, canned soups or broths, and salad dressings—these often have a lot of sodium.
5. Start your day with breakfast cereals that are lower in salt and sodium.



6. Cook rice, pasta, and hot cereals without salt; cut back on instant or flavored rice, pasta, and cereal mixes, which usually have added salt.
7. Buy fresh, plain frozen, or canned with “no-salt-added” vegetables.
8. Drink water or club soda instead of soft drinks high in sugar.
9. When eating out, move the saltshaker away—limit condiments, such as catsup, pickles, and sauces with high salt-containing ingredients.
10. Cut back on processed and fast foods that are high in salt and sodium.



Resources for eating to prevent and control high blood pressure



Your Guide to Lowering High Blood Pressure includes more information on the Dash eating plan, tips for getting started, sample meal plans, and even recipes.

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

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/public/heart/obesity/lose_wt/index.htm



National High Blood Pressure
Education Program



Getting the most from your doctor visits



Here are some hints to help you get the most out of each doctor visit.

Write down your questions

Before a doctor visit, write down questions for your doctor. Bring the list with you to your visit. Take notes about what you discuss. Also, think about bringing someone with you to your visit. This person can help you ask questions or take notes.

Discuss your treatment plan

Your treatment plan includes all of the things you need to do to take care of your heart health. This includes your plan for diet and fitness. This plan may include taking medicines for heart problems. You may also take medicines for other health problems, such as diabetes. It is a good idea to talk with your doctor about your treatment plan at every visit.

Be open and honest with your doctor

Talk with your doctor about the medicines you take and how you take them. Let the doctor know what you eat and how active you are. It may help to write these things down first. Then, share your notes with the doctor. Tell your doctor about any concerns you have with your current treatment plan.

During your doctor visit, go over your treatment plan and ask any questions you may have.

Review your medicines as part of your doctor visit

Bring all your medicines in a bag to the doctor's office, including:

- Prescription medicines
- Over-the-counter medicines (such as anything you take for pain, sleep, colds, or headaches)
- Vitamins and nutritional supplements
- Herbal medicines
- Eye drops
- Inhalers (medicines you use for asthma or allergies)

For each medicine, talk with your doctor and take notes about:

- Why you take it
- When you take it
- How you take it (for example, with meals or on an empty stomach)
- How it may make you feel
- Whether it is OK to take it with your other medicines, including medicines you take for pain, colds, headaches, and more
- Any trouble you are having with taking it as directed

Monthly medicine calendar



Before you use the calendar, make copies of it for each month of the year. Use a pencil when filling it in. This way, you can easily make changes to it if your treatment changes. On the calendar, list each of your medicines. Write down the times of the day you need to take each one. Then, write how much to take (for example, 2 pills). When you take each medicine, place a check mark in the box for the day.

Month _____			Every day, check off the medicines as you take them.																																
Medicine name & strength (dosage)	How much to take	When to take	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31		