

HEALTH NEWS AND FEATURES

Preventing High Blood Pressure



by Carolyn Guilford, Certified Nutritionist

The only way to know if you have high blood pressure is to have it checked. Recent estimates say that almost one-third of all adults in America now have high blood pressure. Because there are no symptoms, this deadly disease is called the silent killer. More and more persons who don't know they have high blood pressure die from the first heart attack, or stroke, with no other warning. Others, the lucky ones, live with stroke, heart failure or kidney failure.

Getting Blood Pressure under control and keeping it with-in normal range can help ward off additional heart problems. Prevention is better than cure. So many times we want a quick fix, but let me tell you, there's no such thing. What works is a change of lifestyle behaviors, and changing how we think about our lives. Only one body, one life.

A. Fad and crash diets don't do it. They simply frustrate you and waste valuable time, by delaying a healthy program.

B. You need to get some type of physical activity each day. Even modest activity will help.

In the beginning.

C. Understand that packaged, processed and boxed foods are not healthy. Basically they lack nutrition. But, even more dangerous are the chemicals used to keep them shelf stable. Buy fresh, eat fresh, and live.

Making lifestyle changes is not always easy. (Easier though if you are sick enough and / or in enough pain, and tired of suffering.)

We have learned that to manage blood pressure we need to:

1. Change the way we eat. By choosing fresh foods over canned and packaged, we are able to cook our own food, using fresh herbs and seasonings, the right kind of salt, and the good oils, for our meals.

2. If you do purchase boxed, canned, or otherwise pre-prepared foods, read the labels for information on the amount of sodium in the food. Look for sodium-free or low sodium.

3. Only purchase fresh breast of poultry, fish and lean meats, and fresh vegetables and fruits.

4. Understand that frozen dinners, pizza, canned soups, broths and salad dressings, are generally all high in sodium, and should be avoided.

5. Grow something in your yard, herbs, greens, peas, tomatoes, onions, peppers are all so easy. Or, just one pot of something you like.

6. Find ways to manage the stress in your life. Playing cards, reading, cooking, dancing, singing, journaling, walking, sewing, seeing movies with friends, meditating, learn-

ing a new skill, enjoying your hobby.

7. Make a conscious effort to add more activity to your lifestyle. An after lunch or dinner walk with a friend, or walk alone to clear your thinking and plan your day early in the morning. Make it a routine.

8. After the routine sets in, build on it. Do more, stretch yourself. Walk longer, or add another activity you enjoy. Take a step class, or ride the bike.

9. If you drink alcohol, reduce your intake to no more than one drink per day. If you do not drink, don't start just because you've heard that the antioxidants are helpful. Get your antioxidants from -no sugar added- red grape juice.

I always recommend that persons - especially someone who is already sick - take a good multi-vitamin with multi-minerals. Also, get help in deciding whether to add Niacin, calcium, potassium, magnesium and fish oils, which are all known to help manage high blood pressure. However these supplements are not magic, but work exceedingly well with the above mentioned measures in place.

This is a recipe for long term health. Once these habits are established, the one thing most health care professionals advise first - to lose weight-will start to happen naturally and easily.

For more information, please call or write: Carolyn Guilford, 912) 236-8987 or visit

www.Healthrestoration101.com

Blood Donors of all Types Needed to end Summer Blood Shortage

ATLANTA - As students throughout the region bid farewell to summer, the American Red Cross wants to remind donors that though school is back in session, the summer blood shortage is far from over. There is a critical need for blood every summer, and this summer has been no exception. More donors are needed immediately to put an end to the current shortage. While all blood types are needed, types O and B are in immediate demand.

In the summer, blood shortages are common largely due to the absence of high school and college blood drives. These drives account for about 20 percent of all donations in the Southern Blood Services Region. Most high schools and col-

leges will not hold their first blood drives until September, making blood donations now even more crucial to the blood supply.

"This time of year, many of us are focused on making sure our children are prepared for the new school year," said Mario Sedlock, director of donor services, American Red Cross Southern Blood Services Region. "It is just as important that we make certain the blood supply is prepared for an emergency. We have seen dangerously low inventories of several blood types throughout the summer. Although school blood drives will pick up again soon, we must ensure we are prepared now. Patients in need of life-saving blood transfusions simply cannot

wait."

The American Red Cross Southern Blood Services Region needs approximately 1,200 people to donate blood each week-day to meet the needs of hospital patients. Most healthy people who are age 17 or older and weigh at least 110 pounds are eligible to give blood every 56 days. There is no substitute for blood and the only source is from volunteer donors.

There are 14 blood donor centers across Georgia, and blood drives are held daily throughout the Region. Appointments for donations can be made by calling 1-800-GIVE LIFE (448-3543) or by visiting www.redcrossblood.org <<http://www.redcrossblood.org/>>.

Call for Study Participants: SSU Community Obesity Outreach Proposal

Savannah State University (SSU) is seeking 200 participants for a one-year research, educational, and community outreach program on obesity. The study is being funded by a \$49,994 grant from the University of Kentucky Center for Poverty Research, through funding from the National Institute of Allergy and Infectious Diseases (NIH).

The aims of the COOP study are to educate and inform low-income minority youth and adults in Savannah about the health risks of obesity, and to provide them information and tools to improve their health. One hundred (100) people are

needed to participate in a study group, and another 100 are needed for the control group. The study group participants will attend regular exercise sessions (including diet review) and lecture/workshop sessions. Physical measurements (weight, blood pressure, etc.) will be taken periodically to chart their progress. The study group will meet over a period of six months. The progress of the study group participants will be compared to the control group, who will not receive any health interventions.

Research and outreach in this area is critical. Nationwide, minority, low-income people have a greater

incidence of obesity. In Savannah, a high percentage of low-income residents are obese, making this a significant minority health and health disparities issue for the community. Through this initiative, SSU hopes to develop a research database on participants' health profiles and the impact of health interventions on their health. Another goal of the program is to strengthen the collaborations and networking with health care and community groups in Savannah, and lay the groundwork for longer-term and sustained outreach programs in the future. Partners in the COOP study are the St. Joseph's/Candler African-American Health Information and Resource Center.

Eligibility requirements to participate in the COOP study are: 1) be low-to moderate income, 2) minority, 3) overweight or obese, and 4) at least 8 years of age. All age groups will be included (50 youth, 50 adult males, 100 adult females). The first 200 people to meet the eligibility criteria will be included.

Participation in both groups is free. All health and personal information concerning the participants will be kept confidential. Participants are expected to remain in the program for the 12 month program duration to provide complete research data. Activities in the program will be scheduled on the SSU campus and at the St. Joseph's/Candler African-American Health Information and Resource Center and at other community centers in the West Savannah area.

To apply or for more details about the program, contact Dr. Hetty Jones, SSU, at (912) 691-6202.

Party to Benefit Local Breast Cancer Programs

A woman dies every 13 seconds from Breast Cancer. One in eight women will be diagnosed. Join us for a party with a purpose to benefit LOCAL Breast Cancer Programs on Saturday,

See Breast Cancer, page 5

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