

WINTER 2018

It's funny how one day on a calendar makes us reflect back on the year that's ended and onto the new one ahead of us. It's the time we all get re-inspired to make some changes and set new goals for the year. In today's world of technology, seems like we depend on all sorts of devices to track our lives. This year, I am keeping my life simple. I suggest you try to do the same. Here's my Top Ten List for 2018:

HAPPY NEW YEAR!



1. Our bodies need sleep as much as it needs food. Rest up.
2. Make small changes. They last longer.
3. See aging as a reward and not a punishment. We only get smarter.
4. Drink water. Not sugar.
5. Don't sweat the small stuff. Just sweat.
6. You can't change the direction of the wind. Adjust your sails.
7. Make something from scratch. Yum.
8. Look at yourself from the inside out. Love all of you.
9. Take a deep breath. There is no app for that.
10. Don't forget to have a fabulous day!

Wishing you good health in the New Year!

Sophie Kamveris, MS, RD, LD

New ACA/AHA Guidelines for High Blood Pressure

High blood pressure (HBP), also known as hypertension, accounts for the second largest number of preventable heart disease and stroke deaths; smoking is first. It's often called the "silent killer" because often there are no symptoms. Uncontrolled high blood pressure increases your risk of heart attack and stroke.



As of November 2017, there are new guidelines for defining high blood pressure. And the term, "prehypertension," no longer exists. Previously defined as a cuff reading of 140/90 and higher, high blood pressure is now defined as readings of 130 mm Hg and higher for the systolic blood pressure (BP) measurement, or readings of 80 and higher for the diastolic measurement (130/80 mm Hg). The best news is (from a dietitian's perspective, at least) is that for a BP of 120-129/<80, lifestyle is the recommended first line of treatment and not medication! For those with BP of 130-139 systolic or 80-89 diastolic, medications are to be added only if a 10-year risk is greater than 10%.

Because of the new parameters, this means that there will be a 14% increase in people who will be diagnosed with hypertension. Instead of 1 in 3 people, nearly 50% of the U.S. population will be clinically diagnosed as having high blood pressure now. The prevalence of high blood pressure is expected to triple among men under age 45, and double among women under age 45, according to the report.

The guidelines have not been updated since 2003. They are designed to help diagnose and treat people earlier; before complications occur. By lowering the definition of HPB, earlier intervention can prevent further complications of HTN. According to the authors who contributed to the guideline recommendations, damage to blood vessels begins soon after blood pressure is elevated (between 130-139/80-89 mm Hg).

New Blood Pressure Categories:

- Normal: Less than 120/80 mm Hg
- Elevated: Top number (systolic) between 120-129 *and* bottom number (diastolic) less than 80
- Stage 1: Systolic between 130-139 *or* diastolic between 80-89
- Stage 2: Systolic at least 140 *or* diastolic at least 90 mm Hg
- Hypertensive Crisis: Top number over 180 and/or bottom number over 120, with patients needing prompt changes in medication if there are no other indications of problems, or immediate hospitalization if there are signs of organ damage.

The guidelines stress the importance of home blood pressure monitoring and should be based on an average of two to three readings on at least two different occasions.

Lifestyle Recommendations to Lower Blood Pressure

Six lifestyle interventions are recommended in the 2017 ACC/AHA guidelines for people with elevated blood pressure. They include:



✓ Following the **DASH Diet** can drop systolic blood pressure approximately 5 to 11 mm Hg. The plan focuses on nutrient-dense, whole foods that provide significant dietary sources of the minerals: potassium, magnesium, and calcium. These minerals help the kidneys function more efficiently. For example, if you are allowed 2,000 calories a day it recommends: 4 to 5 daily servings of vegetables; 4 to 5 servings of fruits; 2 to 3 servings of low-fat or nonfat dairy products; 6-8 servings of whole grain products; 2-3 servings fats (non-tropical oils), and less than 6 servings of meats/poultry/fish. You're also allowed 4 to 5 small servings of nuts, beans, or seeds/week, and less than 5 servings of sugary foods per week.

✓ **Limit Sodium** : The guidelines suggest 1500 mg/day but that is not always so easy to achieve. Try cutting out 1000 mg/day, which can drop blood pressure by 2-4 /1-2 mm Hg. Pay more attention to food labels and really zoom in on sodium levels that are greater than 500 mg/serving. That's a great place to start!

✓ **Choose more Potassium-rich Foods**: The guidelines suggest foods high in potassium can drop systolic blood pressure by about 4 mm Hg. Bananas, tomatoes, oranges, broccoli, and potatoes are all excellent sources of potassium.

✓ **Lose Weight**: Each 2-pound loss renders a 1 mm Hg drop in blood pressure. Aim for a realistic and manageable weight goal.

✓ **Limit Alcohol**: While we have heard that some alcohol is good for the heart, too much can raise blood pressure. Men should limit alcohol to two drinks per day and women to no more than one. A standard drink is 12 ounces of beer, 5 ounces of wine, or 1½ ounces of 80-proof liquor.

✓ **Exercise**; A minimum amount is a 30-minute aerobic workout (3-5 times a week). That frequency can lower systolic blood pressure 5 mm Hg. More is better! So, keep moving and don't forget to add in some strength training to maintain muscle integrity and keep your body strong.

Note: The new guidelines were developed by the American Heart Association, American College of Cardiology and nine other health professional organizations and were written by a panel of 21 scientists and health experts who reviewed more than 900 published studies. The guidelines were published in the American Heart Association journal, *Hypertension* and the *Journal of the American College of Cardiology*.

Happy Winter!



Hang in there. It'll be over soon!

Sophia Kamveris, MS, RD, LD

22 Mill Street-Suite 105

Arlington, MA 02474

(P) 617-515-8984

Email: skamveris@aol.com