

FROM THE EDITOR'S DESK



With immense pleasure I would like to share with you another volume of impact newsletter which is focused on hypertension. This issue would make you aware about the facts of hypertension, the recommended intake of salt for hypertension and also easy method for calculating the salt intake. This issue also highlights on varied food items that helps in lowering blood pressure. There is also a brief on the event of the month. The main highlight of the newsletter is the launch of the new weekend wellness plan that provides you with an option to spend your weekend in a healthy and joyful manner. The wellness weekend plan is specifically designed for people looking for an option to spend a rejuvenating weekend with their family members. Hope you will enjoy and like this issue

Dr. Archana Aravindan, MBBS, MPH
Editor Impact Newsletter

THINK YOUR WAY OUT OF HYPERTENSION



High blood pressure or hypertension is majorly caused by improper diet, and or improper thinking. To prevent, treat or control hypertension, proper eating, exercise of body and of the mind would yield results.

Anger or stress is the major contributor to increase in blood pressure. To avoid anger or stress, the wise practice thinking and avoid worrying. In-order to think, we should take any challenge that we face in personal or professional lives as a

puzzle not as a problem, for a problem will trigger worrying, and a puzzle triggers thinking.

People, who learn how to overcome challenges, do far better in controlling anger and stress, than people who blame others and circumstances. It is very obvious, tension is caused by lack of preparation, a prepared mind will not experience tension, and therefore will not experience hypertension.

A wise way to deal with hypertension is to plan, to prioritize, and to prepare. Discipline and dedication towards eating right and exercising right will ensure that we live a hypertension free life.

Mr. Vijay M. Batra
Motivational Speaker & Chief Mentor
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HIGH BLOOD PRESSURE FACTS

- High blood pressure (hypertension) is designated as either essential (primary) hypertension or secondary hypertension and is defined as a consistently elevated blood pressure exceeding 140/90 mm Hg.
- High blood pressure is called "the silent killer" because it often causes no symptoms for many years, even decades, until it finally damages certain critical organs.
- Poorly controlled high blood pressure ultimately can cause damage to blood vessels in the eye, thickening of the heart muscle and heart attacks, hardening of the arteries (arteriosclerosis), kidney failure, and strokes.
- Several classes of antihypertensive medications are available, including ACE inhibitors, ARB drugs, beta-blockers, diuretics, calcium channel blockers, alpha-blockers, and peripheral vasodilators.
- The goal of therapy for hypertension is to bring the blood pressure down below 140/85 in the general population and to even lower levels in diabetics, African Americans, and people with certain chronic kidney diseases.
- High blood pressure (hypertension) in pregnancy can lead to preeclampsia or eclampsia (toxemia of pregnancy). Pregnant women should be monitored closely by their obstetrician for complications of high blood pressure.
- Lifestyle adjustments in diet and exercise and compliance with medication regimes are important factors in determining the outcome for people with hypertension.
- High salt intake, obesity, lack of regular exercise, excessive alcohol or coffee intake, and smoking may all adversely affect the outlook for the health of an individual with high blood pressure.



Dr.Nupur Gupta
MD (Microbiology)

NEWS

LAUNCH OF WELLNESS WEEKEND: A fresh and rejuvenating way of pending your weekend for you and your family. For more details log on to www.impacthealthconsultant.com

WELLNESS EVENT OF THIS MONTH AT ALP NISHIKAWA CO. LTD.



The wellness assessment "How Are You" was performed on all the participants and the results were alarming:

- Majority of the participants had bad lifestyle & high salt intake

High salt intake was mainly from processed foods consumed in the form of bread, pasta, meat and egg dishes, pizza, cold cuts and bacon, cheese, soups, and fast foods leading to too much consumption of sodium.

High sodium consumption raises blood pressure. High blood pressure is a major risk factor for heart disease and stroke, the nation's first and third leading causes of death, respectively. Research shows a dose-dependent relationship between consuming too much salt and elevated blood pressure. When salt intake is reduced, blood pressure begins decreasing for most people within a few days to weeks. Populations who consume diets low in salt do not experience the increase in blood pressure with age that is seen in most Western countries. Switching to low-sodium salts can be the first move towards cutting down the daily sodium intake and finally consume less than six grams of salt, which include all salt and sodium consumed, including that used in cooking and at the table

Though the results of the seminar were alarming but the participants were keen to opt for solutions provided during the workshop to bring a change in their lifestyle. The wellness assessment and health talk was an eye opener for the participants which confirms that wellness seminars are valuable for employees and the whole industry and should be conducted regularly especially for the corporates.

Dr. Nipun Choudhry
MD, Lifestyle specialist

FOODS THAT HELP YOU LOWER YOUR BLOOD PRESSURE

Hypertension or high blood pressure is a very serious and rapidly increasing lifestyle illness affecting adults. It is one of the leading health concerns in India. The good news is hypertension can be easily treated with daily medication as prescribed by your doctor, and with lifestyle changes that include exercise, diet modification and less stress.

The key to dealing with hypertension is to focus on eating foods that are rich in fibre and potassium, and low in saturated fats. Here is a list of 10 foods that help in fighting hypertension:

- Garlic:** it acts as a blood thinner and helps in maintaining blood pressure. Garlic also helps lowering blood cholesterol.
- Bananas:** they are rich in potassium level and helps in maintaining blood pressure.
- Whole grain foods (oatmeal):** whole grain foods are also rich in potassium and thereby help in maintaining and reducing blood pressure. Apart from that they also are rich in fiber which helps in reducing weight which is another important cause of high blood pressure.
- Flaxseeds:** these are rich in fiber that helps in maintaining weight as well as blood pressure
- Pumpkin seeds:** these contain high zinc which thereby maintaining the elasticity of arteries.
- Potatoes:** are rich in magnesium which helps in lowering the stress thereby managing high blood pressure.
- Apricots:** these contain soluble fiber that helps fighting hypertension.
- Oily fish :** eating oily fish that contains omega -3 fatty acids which helps in fighting stress that directly affects in lowering blood pressure .
- Broccoli:** is rich in vitamin C and beta-carotene which reduces hypertension.
- Cashew Nuts:** are rich in iron, potassium and fiber. These are low in fat and cholesterol free.

Dr. Archana Aravindan, MBBS, MPH
(Epidemiologist)

SALT & SODIUM RECOMMENDATIONS FOR YOU

- 1 to 3 years – 2g of salt a day (0.8g sodium)
- 4 to 6 years – 3g of salt a day (1.2g sodium)
- 7 to 10 years – 5g of salt a day (2g sodium)
- 11 years and over – 6g of salt a day (2.4g sodium)

To keep track of your salt intake, get into the habit of reading the nutritional information on food labels, where you will find the salt (sodium) content for a 100g serving. As a rough guide:

- A high amount of salt is more than 1.5g for 100g (0.6g sodium)
- A low amount of salt is 0.3g for 100g (0.1g sodium)

The Institute of Medicine recommends 1500 mg of sodium per day as the Adequate Intake level and advises everyone to limit sodium intake to less than 2300 mg per day, the Tolerable Upper Limit. Current dietary guidelines recommend that adults in general should consume no more than 2,300 mg of sodium per day. At the same time, consume potassium-rich foods, such as fruits and vegetables. However, if you are in the following population groups, you should consume no more than 1,500 mg of sodium per day and meet the potassium recommendation (4,700 mg/day) with food:

- You are 51 years of age or older.
- You have high blood pressure.
- You have diabetes.
- You have chronic kidney disease.

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