



The Healthbeat

Official newsletter of Health Assur Ltd.

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5 WAYS TO MANAGE HIGH BLOOD PRESSURE

WITHOUT MEDICATION

People with hypertension often need several medications to control blood pressure, but changes in lifestyle can help in managing this condition.

Exercise more

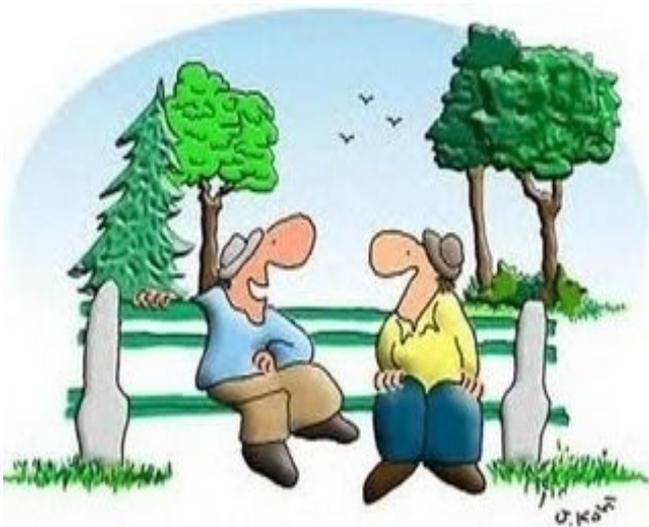
Regular physical exercise for 30 minutes per day can be a good way of controlling your blood pressure. Note that consistency is important because your blood pressure can rise again if there is no consistency. The best types of exercise best for controlling high blood pressure is walking, jogging, swimming etc.

Reduce salt intake

People with moderately high blood pressure and full-fledged hypertension can significantly reduce their blood pressure by cutting down salt intake. Most of our sodium is gotten from processed foods, so stick with whole foods. When you eat foods with nutrition labels, check their sodium content.

Lose weight

Research has shown that losing weight can have a significant impact on your blood pressure. Excess weight makes your heart work harder. This extra strain can lead to hypertension, while losing weight lightens the stress on your heart. Losing weight may be enough to get your blood pressure under control, if you are overweight or obese.



"My doctor told me to avoid any unnecessary stress, so I didn't open his bill."

Skip caffeine

Coffee has some health benefits, but lowering blood pressure is not one of them. Caffeine can cause short-term increase in blood pressure even

in people without hypertension. If you have high blood pressure, it is a good idea to reduce your caffeine intake. You can check if you are sensitive to caffeine's blood-pressure-boosting effects by checking your blood pressure before and within a half hour after consuming your caffeine. If it increases by 5 or 10 points, you could be sensitive to caffeine.

Eat more bananas



Most people are not aware of the benefits of potassium, which counters sodium's ill effects. A lot of people do not get enough of this mineral. It is beneficial for people with hypertension to increase the amount of potassium in their diet. Some sources of potassium: bananas, non-fat or low-fat yogurt.

Health Tips

Most of us have had a small burn or two. To treat one, cool the area right away with a clean cold cloth or cool water to keep the skin from holding the heat and continuing to burn. Afterward, wash the burn with soap and water and dress it lightly. Leave any blisters that form alone -- they help to protect the skin as it heals.

Just for laughs

Two factory workers are talking. The woman says, "I can make the boss give me the day off." The man replies, "And how would you do that?" The woman says, "Just wait and see." She then hangs upside down from the ceiling. The boss comes in and says, "What are you doing?" The woman replies, "I'm a light bulb." The boss then says, "You've been working so much that you've gone crazy. I think you need to take the day off." The man starts to follow her and the boss says, "Where are you going?" The man says, "I'm going home, too. I can't work in the dark."

Cucumbers help to reduce cholesterol, relieves joint pain, aids weight loss, promotes digestion and also a remedy for constipation

BACK PAIN

Back pain will affect many of us at some point in our lives; it often results from repeated practices that stress your body. Back pain can occur in any part of your back, but the *lower back* is the most common location, considering that it supports much of your body weight. However, back pain can also occur in the mid or upper back and can originate in other areas of your body.

Back pain is common among people who work in the office and sit for extended periods but there are several other causes of back pain. Bad sitting postures, muscle strain, accidental injuries, rheumatism etc. Back pain can occur when you lift something or bend the wrong way, or when you are dealing with conditions like arthritis, rheumatism etc. There are numerous ways to treat or deal with back pain without having to take painkillers or rather take less of pain killers

TREATMENT

Some episodes of back pain are not severe and may be treated with:

Limited bed rest (not more than two days)

Muscle relaxants or prescription pain relievers, if necessary, for a short period.

Hot or cold compresses

Regular exercise

People with back pain are encouraged to return to their normal activities gradually, and to temporarily avoid lifting, prolonged sitting, or sudden bending or twisting

PREVENTION

Some forms of back pain can be prevented by strengthening your back with regular exercises and by avoiding activities that lead to back injury. It is not so much how much you lift; it is how you do it. Stand directly in front of the object, squat close to it, with your back straight and head up. Stand, using your legs to push up the load and your arms to hold it close to your middle. Don't twist or bend your body, you may hurt your back in the process (do not lift anything that might be too heavy for you).



Maintaining good posture.

Exercising regularly but stretch before and after.

Practicing abdominal crunches to strengthen your lower back.

Also, walk or swim regularly to strengthen your lower back. Always lifting objects from a squatting position, using your hips and your legs to do the heavy work. Avoid lifting, twisting and bending at the same time. Avoiding sitting or standing for extended periods of time. Endeavour to get medical attention when your back pain becomes severe and prevents you from carrying out your normal activities. Studies have shown that sleeping without a pillow reduces back pain and keeps your spine stronger

HOW TO GET THE MOST BENEFITS FROM YOUR DOCTOR'S VISIT

Do you have to see your doctor for a check-up or to check out a problem? Your visit will probably be a short one, so you will need to make the most of it. Here are some tips that can help:

Take the right things with you. Take a notepad and write down your symptoms and questions before going to see the doctor, to avoid leaving out important information that might be helpful.

Bring a friend/relative if you are nervous. A friend or family member can be a good support and or help with taking notes.

Be honest- Do not hesitate to mention habits (smoking, drinking etc.) to the doctor, no matter how embarrassing. Keeping this information alongside your family or personal medical history) from the doctor may affect your medical examination, diagnosis and or the prescriptions you get.

Always ask, 'can you explain that more clearly?'

Learn to speak up or ask questions about diagnosis, medical terms, side effects of a medication. Understanding these helps you to manage your medical condition better

Do not be shy to call back if you have questions after your medical appointment, do not hesitate to call your doctor

Health Tip

Many consumers believe that herbal medicines are safe because they are "natural", herbal medicines and synthetic drugs may interact, causing toxicity to the patient. Herbal remedies can also be dangerous because contents, quantity or dosage are unknown

HealthCare Disclaimer

This newsletter is for healthcare education only and should not be used as a substitute for professional medical advice

