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Reduce your Health Risks

Are you a high-risk individual? Chances are, you think you're not, but a recent epidemiologic study has found that 4 specific lifestyle choices directly impact your risk of developing cardiovascular disease:

- getting regular exercise
- eating a Mediterranean diet
- maintaining a healthy weight
- not smoking

Those who can incorporate all four of these behaviours enjoy an 80% reduction in risk of death!

Reducing salt

Salt is emerging as a major culprit in driving up blood pressure. But, many people claim their food tastes too bland without the salt, so flavour your food in other ways while your taste buds adapt. Sauté, sear and roast for browning, especially in flavourful, healthy oils such as olive oil. Buy fresh foods "in season" for maximum flavour and use spices, herbs, roots, citrus, vinegars and wines to enhance them.

Manage stress

Managing your stress is another way to manage your blood pressure. Practice relaxation techniques (deep breathing, yoga, meditation) and get sufficient sleep. Work on your time-management skills and resolve conflict and other stressful situations sooner, rather than later. Nurture yourself and develop a strong, supportive social network. And finally, don't be afraid to ask for help.

Blood pressure management

A study published in JAMA (the Journal of the American Medical Association) has demonstrated the benefit of measuring blood pressure at home. 72% of those monitoring their own blood pressure achieved control – compared to only 57% of those who didn't.

And, these benefits persisted at least 6 months beyond the end of the study. Know your blood pressure because knowledge IS good medicine!

Our pharmacists can help you select a good blood pressure monitor for your needs and show you the best way to get results.

Staying active and understanding the impact of your choices can make a big difference. Visit us soon to get on top of your own health management.