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Stay Heart-Healthy

September is Blood Pressure & Cholesterol Awareness Month

MedNet Blood Pressure & Cholesterol Awareness Newsletter

September Edition



The Importance of Blood Pressure & Cholesterol Management

High blood pressure (hypertension) and high cholesterol are major risk factors for heart disease and stroke. These conditions often have no symptoms, making it vital to monitor your levels regularly and take preventive measures.

Key Things You Need to Know About Blood Pressure & Cholesterol



Regular Monitoring

Regularly check your blood pressure and cholesterol levels, especially if you have a family history of heart disease or other risk factors. Early detection can lead to better management and prevention.



Healthy Diet

Adopt a heart-healthy diet rich in fruits, vegetables, whole grains, and lean proteins. Limit saturated fats, trans fats, and cholesterol to reduce your risk of heart disease.



Physical Activity

Engage in regular physical activity, such as brisk walking, swimming, or cycling, for at least 150 minutes per week. Exercise helps lower blood pressure and improve cholesterol levels.



Maintain a Healthy Weight

Carrying excess weight increases the risk of high blood pressure and high cholesterol. Aim for a healthy weight through a balanced diet and regular exercise.



Limit Alcohol & Quit Smoking

Excessive alcohol consumption can raise blood pressure, and smoking damages blood vessels, increasing the risk of heart disease. Limiting alcohol intake and quitting smoking are essential steps for heart health.

How to Manage Blood Pressure & Cholesterol Effectively

- **Monitor Your Levels:** Regular checkups with your healthcare provider can help you keep track of your blood pressure and cholesterol levels. Home monitoring devices are also useful for keeping an eye on your health between visits.
- **Eat Heart-Healthy Foods:** Focus on incorporating more fruits, vegetables, and whole grains into your diet. Reduce your intake of salt, sugar, and unhealthy fats.



- **Stay Active:** Regular physical activity helps lower blood pressure and cholesterol. Aim for at least 30 minutes of moderate exercise most days of the week.
- **Take Medications as Prescribed:** If your doctor prescribes medication to manage blood pressure or cholesterol, be sure to take it as directed. Do not skip doses or stop taking medication without consulting your doctor.
- **Reduce Stress:** Chronic stress can contribute to high blood pressure. Practice relaxation techniques such as deep breathing, meditation, or yoga to help manage stress.

Heart-Healthy Foods to Include in Your Diet

Support your cardiovascular health with these nutritious and heart-friendly foods:

- **Oats:** Rich in soluble fiber, oats help reduce cholesterol levels.
- **Fatty Fish:** Salmon, mackerel, and tuna are high in Omega-3 fatty acids, which lower triglycerides and reduce the risk of heart disease.
- **Nuts:** Almonds, walnuts, and pistachios provide healthy fats and are beneficial for heart health.
- **Berries:** Blueberries, strawberries, and raspberries are high in antioxidants and help improve heart health.
- **Leafy Greens:** Spinach, kale, and Swiss chard are excellent sources of potassium, which helps regulate blood pressure.

Take charge of your heart health this September. Schedule your free screening, take advantage of our special offers, and follow our tips to maintain healthy blood pressure and cholesterol levels. Visit our website or contact our customer service team for more information.

Let's make Blood Pressure & Cholesterol Awareness Month a time to invest in your heart and build a healthier future.

