

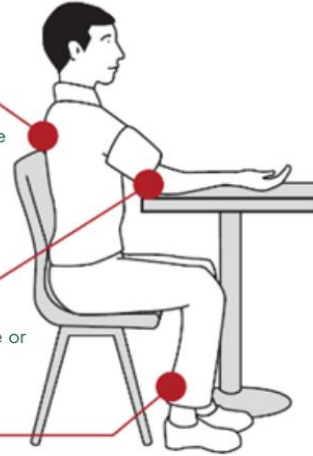
HOME BLOOD PRESSURE MONITORING

- Rest in a comfortable chair for five minutes in a quiet environment before beginning.
- Do not talk or watch TV while measuring.
- Sit in a chair with back/head supported.
- Legs uncrossed and both feet flat on the floor.
- Keep arm supported on a table or pillow at heart level.
- Use the correct cuff size.
- After resting period of five minutes, take at least 2 blood pressure readings waiting 1-2 minutes between, then average the two.
- Try to take first reading in the morning before your breakfast/medication and the second reading before your evening meal.

- Sitting position
- Back supported

- Arm bare and supported
- Use a cuff size appropriate for your arm
- Middle of the cuff at heart level
- Lower edge of cuff 3 cm above elbow crease

- Do not talk or move before or during the measurement
- Legs uncrossed
- Feet flat on the floor



BLOOD PRESSURE GOALS CAN VARY.
For most people, the goal is **<140/90 mm Hg**

Ask your doctor about your individual blood pressure goal.

**For more information,
contact us at:**



+673 3372709 /
+673 3373033



+673 7295428
(WhatsApp text only)



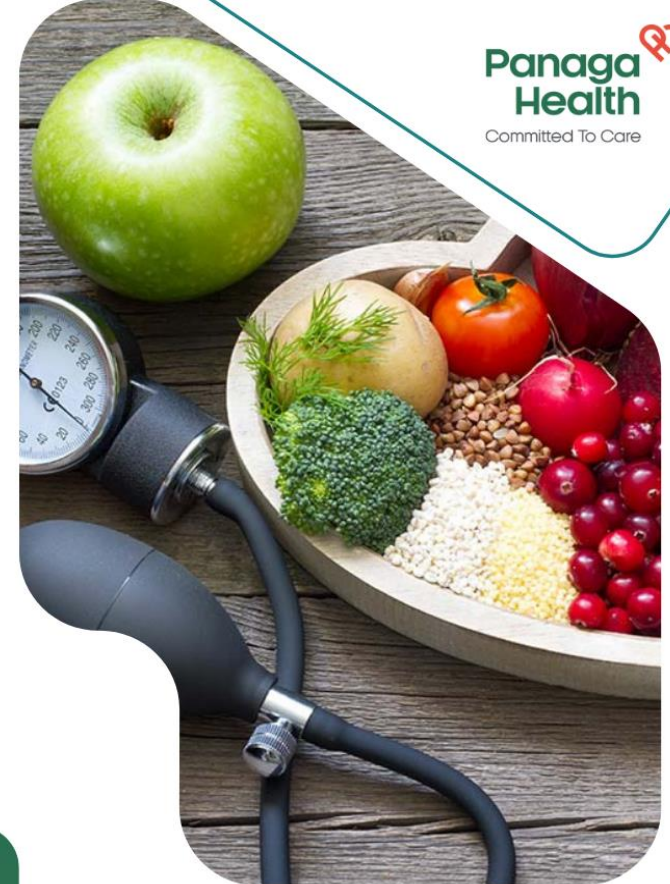
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Heart Healthy Lifestyle Management

MEDICATION

Understand how does the medication work; its potential side effects; when and how to take; as well as adherence.

WEIGHT LOSS

Losing 5-10% of bodyweight can make a big difference.

EXERCISE

(*pre-exercise clearance from your physician may be needed for intense activity)

- At least 150 minutes per week of moderate intensity aerobic exercise or at least 75 minutes of vigorous intensity aerobic exercise, or a combination of the two, more is better;
- Preferably daily, but minimum 3 days a week on non-consecutive days;
- Additional benefits of adding resistance exercises 2 times per week. Older adults >65 years old should add more to the frequency to improve balance and reduce falls;
- Limit sedentary time (seated time).

QUIT SMOKING

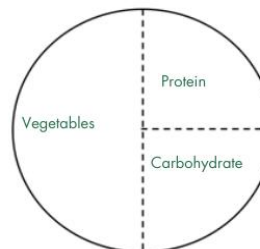
Smoking cessation clinics are available at the Ministry of Health via visiting their Health Centres or call 123 for more information.

DIET

Sodium / Salt	Limit salt intake to less than 1 tsp/day -remove salt from the table -choose low sodium soy sauce / low MSG -read food labels for less salt, reduced salt, no added salt -use herbs and spices in place of salt -avoid preserved / pickled foods and packaged foods
Fruits & Vegetables	Eat at least 2 servings of fruit and 3 servings of vegetables per day -add 1 fruit and 1 vegetable to each meal -pre-chop and store in fridge for quick access -ask for more vegetables when eating out
Dietary fibre	Choose high fibre foods (wholegrain, wholemeal, whole wheat) -try mixing half white rice, half brown / basmati rice -choose high fibre snacks like fruit or unsalted nuts
Fat	Limit fat in foods by: -limiting deep fried and battered foods to 2/week -remove skin and trim fat from meat -replace palm oil, butter, ghee, coconut oil with vegetable oils like canola, olive, sunflower oil -choose reduced fat dairy products -replace deep frying with steaming, baking, grilling, boiling or air frying -avoid foods with trans fat (e.g. crisp, cakes and ice cream)
Alcohol	Daily maximums: men-2-units, women -1-unit (1 unit = 12 oz beer, 5 oz wine, 1.5 oz distilled)



Healthy Plate



Handy Portion Guide



Protein



Carbohydrates
(Starch/Fruit)



Vegetables