

The Silent Journey

High Blood Pressure and YOU

High blood pressure is sneaky. It can damage the arteries and veins that carry blood through your body, and you may not even know it until something bad happens to you, i.e., a heart attack or stroke. When you have your blood pressure checked, you will receive two numbers. Both measure different things.

For example: 120/80

The top number (systolic) is the pressure when your heart beats.

The bottom number (diastolic) is the pressure when your is at rest.

Courtesy: American Heart Association



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It's very important to understand BP readings.

Our company has been a member of the American Heart Associations' Health Equity committee for two years. We attend meetings and commit to working to alleviate health disparities. We also work on their Passion Committee. The Passion Committee allows us to get out into the community to work health fairs. If you told me 10 years ago that I would work health fairs and like it, I would have called you nuts. But as usual, God has plans for our lives that we will never understand.

When I work these health fairs; at churches, community centers and events. I thoroughly enjoy giving attendees information about blood pressure and how it affects our everyday lives. The first health fair we worked; a middle-aged woman was telling us about her high blood pressure. She was telling us about the battle she is fighting to keep her BP down. I started telling her about the importance of keeping her BP low as possible. She then said how high her pressure really was 200/105.

I was so focused on giving her BP information that the BP number she told me did not register. She then walked away to visit other vendors.

I suddenly heard what she said. This lady just told us her systolic BP was 200. This high BP reading should always be followed by a call to 911. A 200 BP reading can lead to heart attack or stroke if you don't see a doctor right away. I brought her back to our table and gave her a booklet and other information about high blood pressure. I also gave her a digital BP device. She started crying. We let her know how important it was to see a doctor.

It goes without saying, I was hooked on health fairs. We've been working health fairs and community events almost every weekend since that day. If your company or organization has a health fair on the horizon, make sure to let us know. Email us at mail@32ndstreetmedia.com.

Download :30bp today in the App Store and Play Store

The mission of :30bp© (pronounced thirty-second BP) is to empower users and health Care professionals to reduce and improve blood pressure outcomes. This program will offer tools and resources to promote self-monitoring and tracking of blood pressure readings.

Download :30bp today and input your BP readings. Following is a step by step guide for logging onto :30bp.

START: Download :30bp at Play Store for Android and App Store for iPhone users.

STEP 1: Read user agreement and click "I agree" to continue.

STEP 2: Register at "Welcome" page by entering your information , then click continue.

STEP 3: Go to "BP Goal" to enter goal and click save to continue.

STEP 4: "Enter New BP", enter your BP readings, daily, bi-weekly, or weekly.

STEP 5: "Save BP" screen will let you save or change your BP entry.

STEP 6: Go to "View BP Log" to access your weekly trends, or view your 30/60/90 day BP results.*

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The age-old adage for breakfast is, you must eat turkey or chicken because pork is so bad for you. Well guess what? It's not the meat, it's how you prepare the meal. If you love salt and bacon fat, guess what...that's bad for your diet. But if you like a tasty meal with a little twist, then get you pork on!

Here's a great little breakfast recipe from American Heart Association Cookbook. It's called Ham-and-Swiss Breakfast Casserole. When we hear Swiss cheese, we run in the other direction. Just give it a try; especially my high blood pressure friends. Check it out.

Cooking Spray

4 slices whole-wheat bread (about 1 ounce each, lowest sodium available), cut into ½ inch cubes (about 3 cups cubed)

3 ounces lower-sodium, low fat ham, diced (about ½ cup)

½ medium red bell pepper diced

2 ounces low-fat Swiss cheese, dice (about ¼ cup)

2 cups fat-free milk (I am willing to bet that 2% won't hurt you)

4 large eggs

2 tablespoons shredded or grated Parmesan cheese

½ teaspoon dry mustard

½ teaspoon onion powder

¼ teaspoon peper

So how are you liking it so far. Great ingredients and you have pork to boot.

Preheat the oven to 350°F. Lightly spray a 9-inch pie pan with cooking spray.

Put the bread cubes, ham, bell pepper, and swiss cheese in the pan, stirring 3 or 4 times to combine.

In a medium bowl, whisk together the remaining ingredients. Pour over the bread mixture. Using the back of a spoon, press the bread down to soak up the milk mixture.

Bake, uncovered, for 45 to 55 minutes, or until the center is set (doesn't jiggle when the pan is gently shaken).

What's wrong with a healthy Ham and Swiss casserole?

The following recipe is from an AHA Healthy Soul Food Recipes booklet.

Transfer to a cooling rack. Let cool for at least 10 minutes before cutting into 4 pieces.

Cook's Tip: If you prepare this casserole ahead of time, cover and refrigerate it for up to 10 hours. Put the cold casserole in a cold oven, then set the oven to 350°F and bake it for 1 hour 5 minutes to 1 hour 10 minutes, or until the center is set.

Nutrition Analysis (per serving)

Calories.....	249
Total Fat.....	8.0 g
Saturated Fat.....	3.0 g
Trans Fat.....	0.5 g
Polyunsaturated Fat.....	1.5 g
Monounsaturated Fat	3.0 g
Cholesterol.....	205 mg
Sodium.....	493 mg
Carbohydrates.....	21 g
Fiber.....	2g
Sugars.....	9g
Protein.....	23g

BON APPETIT!