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You can control Hypertension!

According to the CDC, 1 in 3 people have high blood pressure. Medication can help control HBP. But HBP is a chronic health condition, so healthy habits are essential. Most doctors suggest you stop smoking, eat a low fat high fiber diet and exercise. Some medical professionals suggest the DASH Diet.

DASH, which stands for, Dietary Approaches to Stop Hypertension. This includes fruits and vegetables (8-10 servings a day), whole grains, beans, nuts, low-fat dairy, lean meat (poultry, seafood), You should limit red meats, added sugars and unhealthy fats.

Most people still believe their food doesn't taste well until they add, just a little salt. Your daily intake of salt should be no more than 2300mg. Just 2 tablespoons of salad dressing can have a ¼ of your daily allowance. For more information on hypertension, cut and paste the following link.

<https://www.consumerreports.org/healthy-eating/ideal-diet-for-lower-blood-pressure/>

We are dedicating this newsletter to Obesity. Obesity leads to many diseases and to ignore its effect on our lives would be irresponsible to our readers. During my professional career I've been to all 50 states except Vermont. When one travels frequently, you start to notice trends. One such trend might be, how Americans are found of coffee. Go to any airport and you'll see the popular coffee shops, full to the brim with customers. We all need a hand at waking up, especially in the morning.

You'll also notice a vast number of restaurants. From the world famous Paschel's family restaurant in Atlanta, to the chain restaurants, like McDonald's or Popeye's. The one thing these establishments have in common are, fatty, salty, foods.

Don't get me wrong, restaurant food is good! It's also one of the reasons I have high blood pressure. When you travel and your stomach starts to grind, you must eat. And if you get caught in an airport, these are the main choices. Sure, there are choices like smoothies or salads. But who are we kidding? Americans like taste, and when I say taste, I'm talking about salt and sugar. A fried egg sandwich can't be replaced by a kale smoothie. Hell no! Just think of all the bacon and egg meals you've had. Mmmm, good stuff.

But that good stuff is exactly why we have an adult obesity crisis in this country. As I said, I was as guilty as the next person when it came to these yummy morsels of goodness. I also paid the price with heart disease. And as most of my friends can attest, I was obese.

I was obese to the point of having to cross my legs to tie my shoes. Or, constantly pull my pants over my belly because of the stomach I accumulated. It never occurred to me exactly how much damage I was doing to myself. Sure, I saw the signs, saw obese first-hand in my immediate family. But the wake-up call only came when I had a heart attack and quadruple bi-pass.

Hence, the reason for this article. My life's goal is to forewarn as many people as possible of the dangers of obesity. MedicineNet defines obesity as if they are more than 20% over their ideal weight. That ideal weight must consider the person's height, age, sex, and build.

What is Obesity?

Obesity is an excess proportion of total body fat. A person is considered obese when his or her weight is 20% or more above normal weight. The most common measure of obesity is the body mass index or BMI. A person is considered overweight if his or her BMI is between 25 and 29.9; a person is considered obese if his or her BMI is over 30.

When you take in more calories than you burn off, you gain weight. How you eat, how active you are, and other things affect how your body uses calories and whether you gain weight.

Obesity is often multi-factorial, based on both genetic and behavioral factors. Accordingly, treatment of obesity usually requires more than just dietary changes.

Exercise, counseling, support, and sometimes medication can help patients conquer weight problems. Extreme diets, on the other hand, can contribute to increased obesity.

When you visit your doctor's office, look at their obesity chart. It calculates the measurements and displays the results so it's easy for you to read.

According to the CDC, between 2015-2016 42.8% of adults 40-59 were obese. That's almost 50% of adults in that age range who were obese. Maintaining a healthy weight can fight the onslaught of heart disease and stroke. Yet, as we look at the latter numbers, there's no wonder why 85 million Americans have high blood pressure.

Let's not fool ourselves, you don't have to be a scientist to notice the obesity problem in the U.S. For instance, childhood obesity is at a staggering rate. Among 6-11-year-olds, it's 18.4% and a whopping 20.6% for adolescents aged 12-19. *

The American Heart Association states, "if you are overweight, losing even a few pounds can improve your health." Walking, riding a bicycle or running are all good exercises for losing or maintaining a healthy lifestyle. Regular exercise, along with a healthy diet is a great way to get the entire family into a routine for healthy living.

Being overweight is a significant contributor to health problems. It increases the risk of developing several diseases including:

- Type 2 (adult-onset) [diabetes](#)
- High blood pressure (hypertension)
- [Stroke](#) (cerebrovascular accident or CVA)
- [Heart attack](#) (myocardial infarction or MI)
- [Heart failure](#) ([congestive heart failure](#))
- [Cancer](#) (certain forms such as cancer of the prostate and cancer of the colon and rectum.) **

*www.cdc.gov, **www.americanobesity.org

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