HEALTHY TODAY

www.communityhealthdayton.org

June 2019

MANAGING YOUR BLOOD PRESSURE

Checking your blood pressure at home, taking your medications as prescribed, and following up with your heath care provider regularly are three key ways you can help maintain a healthy blood pressure!

Checking Your Blood Pressure at Home

- ⇒ Understand and track your own numbers to reduce your risk of stroke, heart attack, heart failure or kidney failure.
- ⇒ Help you and your doctor or nurse practitioner make decisions about your treatment.
- ⇒ Some health plans will cover a home blood pressure monitor for use between visits. Ask your health care provider for a prescription to be sent to your pharmacy or a Durable Medical Equipment (DME) Supplier near you.

Taking your Medications

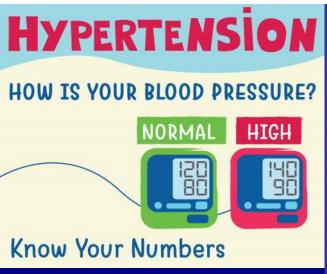
Taking your medications exactly as your health care provider tells you is the best way to manage your blood pressure and reduce your risk of stroke, heart attack, heart failure or kidney failure.

Healthy Today is
Community Health
Centers of Greater
Dayton's informational
newsletter on healthy
living, created with the
goal of helping you and
your family stay healthy
and thriving every day!
To read more Healthy
Today articles, please
visit the archives on our
website:

www.communityhealth dayton.org/healthyat80

Timely Follow-Up Appointments

- ⇒ Take additional blood pressure readings.
- ⇒ Help with your self-management of high blood pressure and/or other health concerns

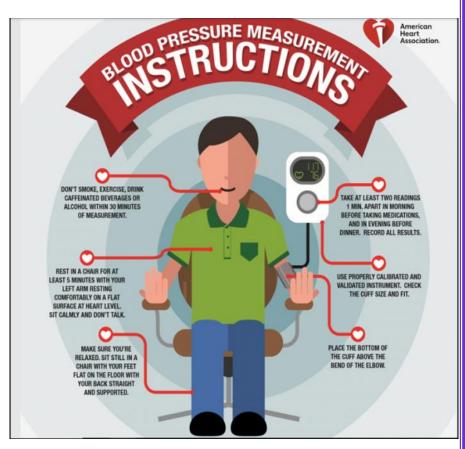


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Community Health Centers of Greater Dayton—Your Medical Home

HOW TO CHECK YOUR BLOOD PRESSURE AT HOME



- Measure your blood pressure twice a day—morning and late afternoon—at about the same times every day.
- For best results, sit comfortably with both feet on the floor for at least two minutes before taking a measurement.
- When you measure your blood pressure, rest your arm

on a table so the blood pressure cuff is at about the same height as your heart.

 Record your blood pressure and show your log to your health care provider at every visit.

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THE TRUTH ABOUT

Indoor tanning is harmful, & can lead to skin cancers like melanoma. It is particularly dangerous for children and young adults.

Indoor tanning (using a tanning bed, booth, sunbed, or sunlamp to get tan) exposes users to high levels of UV radiation for the purpose of getting a tan. When UV rays reach the skin's inner layer, the skin makes more melanin.

Melanin is the pigment that colors the skin. It moves toward the outer layers of the skin & becomes visible as a tan.

A tan does not indicate good health. A tan is your skin's response to injury, because skin cells signal that they have been hurt by UV rays by producing more pigment. Any change in skin color after UV exposure (whether it is a tan or a burn) is a sign of injury, not health. Over time, too much exposure to UV rays can cause skin cancers including melanoma (the deadliest type of skin cancer), basal cell carcinoma, and squamous cell carcinoma. UV exposure can also cause cataracts and cancers of the eye (ocular melanoma). Every time you tan, you increase your risk of getting skin cancer.

https://www.cdc.gov/cancer/skin/basic_info/risk_factors.htm? CDC_AA_refVal=https%3A%2F%2Fwww.cdc.gov% 2Fcancer%2Fskin%2Fbasic_info%2Findoor_tanning.htm

WHAT CAN I DO TO REDUCE MY RISK OF SKIN CANCER?

Protection from ultraviolet (UV) radiation is important all year round, not just during the summer or at the beach. UV rays from the sun can reach you on cloudy and hazy days, as well as bright and sunny days. UV rays also reflect off of surfaces like water, cement, sand, and snow.

Easy options for protection from UV radiation:

- Stay in the shade, especially during midday hours.
- Wear clothing that covers your arms and legs.
- Wear a hat with a wide brim to shade your face, head, ears, and neck.
- Wear sunglasses that wrap around and block both UVA and UVB rays.
- Use sunscreen with a sun protection factor (SPF) of 15 or higher, and both UVA and UVB (broad spectrum) protection.
- Avoid indoor tanning.

https://www.cdc.gov/cancer/skin/basic_info/

NUTRITION BITES!

Processed Food Be Healthy?



There are a lot of conflicting messages about what processed food is.

Most of the food we eat today has been processed in some way, from salad mix to frozen dinners. Some processed foods have ingredients added, some are fortified to add nutrients, some are prepared for convenience, and some are packaged to last longer or for food safety. Even foods labeled "natural" or "organic" can be processed.

More people are paying attention to processed food.

74%

of consumers prefer less sodium in processed foods.

50%

of consumers
have tried to eat fewer

processed foods.



What do you need to know?



Minimally processed food have been manipulated (cut, cooked, packaged) in some way.



Some foods are processed with ingredients typically used in cooking, such as salt or sugar.



lighly processed foods are manufactured with ingredients that are not typically used in cooking.

Choose healthier processed foods.

By one recent estimate highly processed foods

contribute

50% of the calories & 90% of added sugars

in the American diet

It's important to:

- Read food labels.
- Look for the Heart-Check mark on packaged foods.
- Make healthier choices when eating out.



Seek healthier alternatives to highly processed foods.



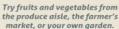
meals



Swap highly processed foods with less processed options.









Extensive research has shown that too much sodium is related to high blood pressure, a primary risk factor for heart disease and stroke.

Shake your sodium habit.

Most of the sodium we eat comes from PROCESSED, PREPACKAGED, AND RESTAURANT FOODS, NOT THE SALT SHAKER.



Delicious



Nutritious

SPINACH SALAD WITH ORANGE VINAIGRETTE

Nuts add texture to this easy spinach salad recipe with a homemade dressing!

6 oz fresh spinach 2 medium tomatoes. sliced crosswise 1/4 cup crumbled soft goat cheese 2 Ttbsp sliced almonds



2 tsp extra virgin olive oil

2 green onions, thinly sliced

1/4 cup orange juice

2 Tbsp wine vinegar

IT brown sugar

1/8 tsp cracked black pepper

- ⇒ In a large serving bowl, make one layer each, in order, of the spinach, tomatoes, goat cheese, and almonds.
- ⇒ In a small skillet, heat the oil over medium heat, swirling to coat the bottom. Cook the green onions for 1 to 2 minutes, or until almost soft, stirring occasionally. Stir in the remaining dressing ingredients. Simmer for 1 to 2 minutes, or until the brown sugar is dissolved and the mixture is heated through, stirring occasionally. Pour over the
- ⇒ Makes 4 servings. Serving size: 2 cups salad and 2 tablespoons dressing.

Community **Health Centers of Greater Dayton**

Give us a call to discuss your health with our caring doctors and nurse practitioners!

Our Health Centers

Appointment Line: 937-461-6869

Hours: Mon-Fri 7:30am-5:30pm

Alex Central Health Center

5 South Alexandersville Road Miamisburg, OH 45342 Phone: 937-247-0304

Charles Drew Health Center

1323 West Third Street Dayton, OH 45402 Phone: 937-461-4336

Corwin Nixon Health Center

2351 Stanley Avenue Dayton, OH 45404 Phone: 937-228-0990

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Victor Cassano Health Center

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Dental Center

East Dayton Dental Center

2132 East Third Street Dayton, OH 45403 Phone and Appointments: 937-528-6830

www.communityhealthdayton.org

https://recipes.heart.org/en/recipes/spinach-salad-with-orange-vinaigrette



Calories

105 Per Serving



Protein

4g Per Serving



Fiber

2g Per Serving

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