Manage Your Blood Pressure

High blood pressure, also known as hypertension, can damage your heart, arteries, and other organs if left unmanaged. Unfortunately most people never experience any symptoms which is why it is sometimes called the "silent killer". Monitoring your blood pressure is very important, especially if you have unhealthy lifestyle habits, like smoking or lack of exercise, or your family has a history of high blood pressure. Your blood pressure consists of two numbers which describe the pressure of your heart when it beats (diastolic) and when it is at rest (systolic). The American Heart Association has new blood pressure recommendation levels.*

Category	Top Number		Bottom Number
Normal	Less than 120	and	Less than 80
Elevated	120 – 129	and	Less than 80
High Blood Pressure stage 1		or	80 – 89
High Blood Pressure stage	140 or Higher	or	90 or Higher
•		and/ or	Higher than 120

^{*}For more information visit www.heart.org

Ways to Improve Your Blood Pressure

- ☑ Don't smoke
- ☑ Maintain a healthy weight
- ☑ Exercise regularly
- ☑ Limit alcohol use
- ☑ Limit sodium
- ☑ Take medication, if recommended

Atlantic County residents 18 years and older can schedule health screenings from the Atlantic County Division of Public Health. For more information, or to schedule an appointment, please call 645-5933.

Protect your health by getting regular check-ups!

Atlantic County Division of Public Health

Healthy People Living in Healthy Communities

201 South Shore Road Northfield, NJ, 08225 www.atlantic-county.org/ public health

Community Health

609-645-5933

Environmental Health

609-645-5971

Health Planning

609-645-5935

Substance Abuse Services

609-645-5932

Animal Shelter

609-485-2345



Atlantic County Executive Dennis Levinson

Atlantic County Board of Commissioners
Maureen Kern, Chairwoman

Get Heart Healthy



With these action steps!



Heart Facts

Heart disease is the leading cause of death for men and women in Atlantic County. Fortunately, there are steps you can take to improve your heart health. Each section of this brochure will give you action steps for improving your overall health and quality of life.

Add Exercise

Adults should try to get at least 30 minutes of physical activity each day. You can also break up exercise into three 10-minute periods or two 15-minute periods for the same benefits.

Talk to your doctor before starting a new exercise program. Here are a few tips:

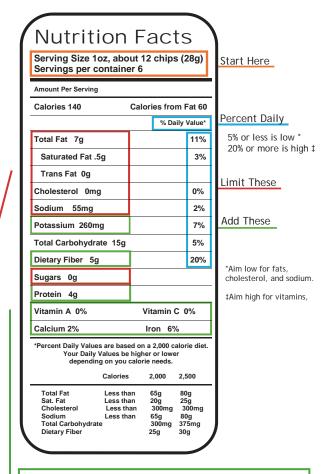
- ☑ Choose an activity that you enjoy.
- ☑ Start slowly if you aren't used to exercising and work your way up.
- ☑ Try making small changes in your daily activities such as taking the stairs instead of the elevator. Try parking your car on the far side of the parking lot so that you can walk more.

Limit These

- Saturated fat (e.g. fatty meats, high-fat cheese, whole milk, cream, butter)
- Trans fat (e.g. stick margarine, shortening, and baked goods)
- Sodium (salt)
- Alcoholic drinks and sugar-sweetened drinks
- Added sugar, especially if you are diabetic
- Processed and deep-fried foods
- Bad cholesterol (LDL) like that found in animal products such as meat, egg yolks, and full-fat dairy products.

Nutrition Tips

Using food labels can help you make healthier choices. Look at the "serving size" and then the number of "servings per container" to see how much you are actually eating or drinking.*



Add These

- ☑ Fruits and vegetables
- ☑ Lean meats, fish, and poultry
- ☑ Low-fat or nonfat dairy products
- ☑ Heart healthy fats like nuts and vegetable oils
- ☑ Make half your grains whole grain
- ☑ Fiber-rich foods such as beans, oats, and nuts

If You Smoke, Get Help Quitting

Quitting triggers a healing process that begins almost immediately after you have stopped smoking. Within one year of quitting, your added risk of heart disease is half that of a smoker. Having a support system can improve your chances of quitting. Ask your doctor for help to quit. You can also use the following resources:

Free Quit Smoking Resources

- ☑ The NJ Quitline is a free telephone counseling service for any resident of New Jersey. Call 1-866-NJSTOPS to speak with a quit coach.
- ☑ Mom's Quit Connection provides free inperson counseling services for pregnant women, parents, and caregivers with children seven years of age and younger. For more information call 1-888-545-5191, visit www.momsquit.com or visit facebook.com/momsquitconnection.

Manage Your Cholesterol

You have two main types of cholesterol in your blood. HDL (high-density lipoprotein) is considered "good" cholesterol and LDL (low-density lipoprotein) is considered "bad" cholesterol. High levels of LDL can cause plaque build-up and lead to clogged arteries. However, good cholesterol (HDL) helps remove the bad LDLs. What you eat can affect your cholesterol. Please refer to the nutrition portion of this brochure for examples of foods you should limit.

Ways to Improve Your Cholesterol:

- ☑ Exercise regularly
- ☑ Eat a healthy diet
- ☑ Don't smoke
- ☑ Maintain a healthy weight
- ☑ Limit saturated fat
- ☑ Limit alcohol use
- ☑ Cut out or limit trans fat
- ☑ Take medication, if recommended

^{*}Check with your doctor before changing your diet.