



Inside:

- Lifestyle Changes to Lower Blood Pressure
- Summer Safety Tips
- Recipe: Mango, Black Bean, Avocado Salad
- And more

Three lifestyle changes can help lower blood pressure and improve heart health.



If you're one of the 76 million Americans diagnosed with high blood pressure or hypertension, diet, weight management and exercise can help lower blood pressure and improve your heart health.

Optimal blood pressure is defined as 120/80; however, your physician can help determine what is "normal" for you.

Hypertension is diagnosed when your blood pressure is greater than 130/80 on two or more office visits after an initial screening. "It's important to see a doctor regularly to monitor your blood pressure and assess your risk factors, such as age, obesity, diet, a sedentary lifestyle, personality traits, race and family history," says Alycia Findlay, MD, who sees patients at Cleveland Clinic Akron General Lodi Community Care Center. "For most people with high blood pressure, making a few lifestyle adjustments can reduce your risk."

Change your diet

The DASH (Dietary Approaches to Stop Hypertension) diet is recommended because it limits red meat, sugar and sodium and is rich in whole grains, fruits, vegetables and low-fat dairy products. Reducing your sodium intake will help make an impact on your blood pressure. Cook with fresh and frozen ingredients. Become an avid label-reader; choose low-sodium soups, meats, cheese and condiments, and use salt-free seasonings, such as basil, oregano, parsley, and turmeric.

Lose weight

Losing as little as five to ten pounds can lower blood pressure and improve the overall functioning of your body by easing digestion, increasing energy level, reducing strain on joints and more.

Get moving

"Regular physical activity strengthens your heart and helps it work more efficiently," says Dr. Findlay. "As a result, your heart doesn't have to work as hard to pump, so the force on your arteries decreases and your blood pressure lowers."

Current recommendations call for 75 minutes of vigorous exercise a week or 150 minutes of moderate exercise a week.

In addition to these lifestyle changes, continue to take any prescription blood pressure medication, avoid smoking, manage stress, and limit alcohol consumption.

Lodi Community Care Center is now accepting new patients.

MEET OUR PROVIDERS:



Alycia Findlay, MD



Simranjot Sahota, MD



Kimberly Sheets, DO



Charlene Nagel, CNP



Brittny Queden, CNP



Kristin Trill, CNP

MAKE AN APPOINTMENT

Regular visits with a primary care doctor is not only helpful in managing your blood pressure, but it can also be beneficial to your overall health and wellness. Call 330.948.5533 to schedule an appointment.

Summer Safety Tips

Tips for a safe summer: How to avoid the Emergency Department.

Summertime is a peak time of activity in the Emergency Department. Cleveland Clinic Akron General Lodi Emergency Department offers some important tips to help keep you safe this summer.

BEAT THE HEAT

- When temperatures soar, prevent heat-related illness or heat exhaustion by drinking plenty of fluids and staying inside an air conditioned space.
- Symptoms of heat exhaustion may include clammy or pale skin, nausea, headache, dizziness, weakness.
- Untreated, heat exhaustion can quickly progress to heat stroke, a life-threatening condition that requires immediate medical attention.
- Be sure to check on young children and the elderly since they are more susceptible to heat-related illness.

SAFE SWIMMING

- Practice the No. 1 rule – keep your eyes and ears alert for any signs of trouble.
- Never leave children unattended near a body of water, even if they know how to swim. If you have a pool at home, a fence and locked gate can prevent accidental drownings.
- Do not jump or dive into an unfamiliar body of water. The depth can be deceiving and not knowing what's under the surface could cause injury or drowning.

DON'T GET BURNED

Campfires

- Campfires should be well supervised and located in a fire pit or other contained area.
- Set a boundary line to keep a safe distance from the fire and do not wear loose-fitting or flammable clothing.
- Never use gasoline or lighter fluid to start or fuel a campfire.

IN AN EMERGENCY, CALL 911
OR GO TO THE NEAREST
EMERGENCY DEPARTMENT.



For your good health

LODI HOSPITAL OFFERS PROGRAMS AND EVENTS THAT ARE FUN AND EDUCATIONAL TO HELP YOU STAY HEALTHY.

SUGAR SCHOOL

Want to know what to eat to help control your blood sugar and lose weight? Sugar School will teach you in just one night. Reservations are required.

When: Thursday, August 8, 2019

Time: 7:00 p.m. - 9:00 p.m.

Where: Lodi Hospital - 225 Elyria St, Lodi, OH 44254

Cost: \$20

Call: 330.948.5546



HEALTH SCREENINGS IN LODI AREA

Lodi Hospital offers monthly health screenings at locations throughout Medina and northern Wayne counties. Low-cost cholesterol screenings are available, as well as FREE blood pressure and glucose. For more information, visit www.akrongeneral.org/screenings.

When: First Tuesday of the month

Time: 8-11 a.m.

Where: Lodi Hospital, Main Lobby

Cost: \$15 (complete lipid profile)

Call: 330.948.5544

Mango, Avocado and Black Bean Salad

Your new (cheese-free) Tex-Mex Favorite

Tex-Mex doesn't always have to mean globs of queso on everything! This salad provides all of the flavors of a Tex-Mex favorite, without all of the calories (and guilt). The avocado provides satisfying fat, the fiber comes from the black beans while the mango provides subtle sweetness.



INGREDIENTS

- 2 ripe but firm avocados, halved, peeled, pitted, and cubed
- 1 tablespoon freshly squeezed lime juice
- 2 ripe but firm mangoes, peeled, pitted, and cubed
- 1 (15-ounce) can no-added-salt black beans, drained and rinsed well

FOR THE LIME DRESSING

- 1 teaspoon grated lime zest
- 2 tablespoons freshly squeezed lime juice
- 2 tablespoons chopped fresh cilantro, plus more for garnish
- ½ teaspoon sea salt
- ¼ teaspoon freshly ground black pepper
- ¼ teaspoon sugar
- 3 tablespoons extra-virgin olive oil

DIRECTIONS

1. Gently toss the avocado cubes with the lime juice in a medium-size bowl.
2. Add the mangoes and gently toss to combine. Set aside.
3. Prepare the lime dressing: Whisk together the lime zest and juice, cilantro, salt, pepper and sugar in a large bowl.
4. Whisk in the olive oil until the mixture is thoroughly combined and creates a thick dressing.
5. Add the avocado mixture and black beans and toss gently.
6. Spoon the salad onto individual plates, garnish with cilantro, and serve.

NUTRITION INFORMATION (per serving)

Makes 6 servings.

Calories: 302 | Total fat: 17.2g | Saturated fat: 2.6g | Trans fat: 0g |

Cholesterol: 0mg | Sodium: 434.3mg | Total Carbohydrate: 35.1g | Fiber: 11.2g

Sugars: 16.2g | Protein: 6.6g

Source: *Skinny Liver: A Proven Program to Prevent and Reverse the New Silent Epidemic — Fatty Liver Disease* by Kristin Kirkpatrick, MS, RD, with Ibrahim Hanouneh, MD (© 2017 Da Capo Lifelong Books)