



# Employee Wellness

Florida Department of Health in Broward County

February 2018



## High Blood Pressure

There's a reason it's often called the "silent killer". Most of the time, high blood pressure (HBP or hypertension) has no obvious symptoms to indicate that something's wrong. The best ways to protect yourself are being aware of the risks and making changes that matter. High blood pressure often has no signs or symptoms, many people with high blood pressure don't even know they have it.

High blood pressure develops slowly over time and can be related to many causes and it cannot be cured. However, it can be managed very effectively through lifestyle changes and, when needed, medication.

High blood pressure puts your health and quality of life in danger. Left uncontrolled or undetected, high blood pressure can lead to:

- **Heart attack** — High blood pressure damages arteries that can become blocked and prevent blood from flowing to tissues in the heart muscle.
- **Stroke** — High blood pressure can cause blood vessels in the brain to burst or clog more easily.
- **Heart failure** — The increased workload from high blood pressure can cause the heart to enlarge and fail to supply blood to the body.
- **Kidney disease or failure** — High blood pressure can damage the arteries around the kidneys and interfere with their ability to effectively filter blood.
- **Vision loss** — High blood pressure can strain or damage blood vessels in the eyes.

**Can hypertension cause other problems?** When your blood pressure is too high for too long (120/80 is normal), it damages your blood vessels — and LDL cholesterol begins to accumulate along tears in your artery walls. This increases the workload of your circulatory system while decreasing its efficiency. As a result, high blood pressure puts you at greater risk for the development of life-changing and potentially life-threatening conditions.

**Looking for a list of symptoms?** You won't find them here. Because most of the time, there are none.

**American Heart Association recommendation:**

**DO NOT ATTEMPT TO DIAGNOSE YOURSELF.** Clinical diagnosis should only be made by a healthcare professional.

- Know your **Blood Pressure Numbers** and make changes that matter to protect your health. Eat healthy, exercise regularly and take your medications as your doctor recommends. See your doctor regularly so that your healthcare professional can adjust your care and treatment for a healthy heart.
- Follow doctors recommendations regarding any and all changes to your blood pressure treatment and how you need to respond to those changes.



The more you are  
**thankful,**  
the more you attract things  
to be thankful for.

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## B/P Myth busters

**Myth:** People with high blood pressure will experience symptoms, like nervousness, head aches, sweating, difficulty sleeping or facial flushing.

**Truth:** High blood pressure is a largely symptomless "silent killer." If you ignore your blood pressure because you think a certain symptom or sign will alert you to the problem, you are taking a dangerous chance with your life.\*

\* Articles on pages one and two are excerpts from the American Heart Association Guidelines. To view the full articles related to High Blood Pressure and other heart conditions on go to <http://www.heart.org>

## Your best protection is knowledge, management and prevention

1. **Know your numbers** — The best way to know if you have high blood pressure is to have your blood pressure checked.
2. **Understand the symptoms and risks** — Learn what factors could make you more likely to develop high blood pressure and determine your risk for serious medical problems.
3. **High blood pressure and hypertensive crisis.** In most cases, the damage done by high blood pressure takes place over time. If your blood pressure readings suddenly exceed 180/120 mm Hg, wait five minutes and test again. If your readings are still unusually high, contact your doctor immediately or go to the Emergency Room. You could be experiencing a hypertensive crisis that may be life threatening.\*



## Make changes that matter

Take steps to reduce your risk and manage blood pressure. Make heart-healthy lifestyle changes with diet and exercise, take your medication as prescribed and work in partnership with your doctor.\*

I have to exercise early in the morning before my brain figures out what I'm doing.



A positive lifestyle change is another step in making Florida the Healthiest State in the Nation.



## INGREDIENTS

- 1 tablespoon extra virgin olive oil
- 1 onion, finely chopped (about 2 cups)
- 1 jalapeno, cored and finely chopped (about 2 tablespoons)
- 4 garlic cloves, minced (about 2 tablespoons)
- 2-inch knob fresh ginger, peeled and minced (about 2 tablespoons)
- 2 teaspoon cumin
- 1/4 teaspoon cayenne
- 3 tablespoons tomato paste
- 1 large (1-lb) sweet potato, peeled and cut into 1-inch cubes (about 2 cups)
- 1/2 cup unsweetened creamy peanut butter
- 4 cups vegetable broth
- 1 cup water
- 1 bunch collard greens, stems removed and chopped
- fresh cilantro, cooked brown rice, roasted peanuts and lime juice for serving.



## Flavor your water with fruit and/or herbs

In a large clean jar/container put a few pieces of your favorite fruit and or herbs, fill it with water, place it in the fridge for an hour or more. Enjoy!

- Cucumber and citrus
- Blueberry and orange
- Grapefruit and rosemary
- Ginger and lime
- Strawberry, lemon, basil
- Strawberry, lime, cucumber
- Kiwi and cucumber
- Pineapple, mint and ginger

# Healthy Eats



## ONE-POT AFRICAN PEANUT STEW

### DIRECTIONS:

In a large pot over medium heat, warm the olive oil. Add the onion, sprinkle with salt and cook for 3 minutes, until translucent. Add the garlic, jalapeño, ginger, cumin and cayenne then stir together and cook for about 2 minutes.

Next add the tomato paste and stir together. Add the sweet potato, peanut butter, vegetable broth and water. Stir together then bring to a boil. Reduce heat to medium-low, cover and cook for 15 minutes. Add the chopped collard greens to the pot, stir, then cover and continue to cook for another 15 minutes, until sweet potato is tender.

Using the back of the spoon, mash some of the sweet potato to help thicken the broth. Boil uncovered for 5 minutes. Serve warm with rice and garnish with cilantro, peanuts, and lime juice. Enjoy!

**YIELD:** 6 SERVINGS

**PREP TIME:** 15 **COOK TIME:** 45

[www.makingthymeforhealth.com/one-pot-african-peanut-stew/](http://www.makingthymeforhealth.com/one-pot-african-peanut-stew/)

## What's in season? Fresh from Florida:



Bell Pepper, Broccoli, Cabbage, Carambola (star fruit), Cauliflower, Celery, Eggplant, Grapefruit, Guava, Lettuce, Mushroom, Orange, Papaya, Peanut, Potato, Radish, Snap Bean, Squash, Strawberry, Sweet Corn, Tangerine and Tomato.

# How does stress affect you?



Common responses to stress are listed below. Think about how stress affects you.

**Aches and Pains\*** •Headache •Backache •Neck ache •Stomach ache •Tight muscles •Clenched jaw

**Energy Level and Sleep\*** •Feeling tired without a good reason •Trouble sleeping

**Feelings** •Anxiety •Anger •Depression •Helplessness •Out of control •Tense

**Other Emotional Signs** •Easily irritated •Impatient •Forgetful

\*Some physical signs of stress may be caused by a medical condition or by medicines you take. If you aren't sure what's causing your physical symptoms, ask your doctor if stress might be the cause.

**How Do You Respond?** When you are under stress, do any of these behaviors apply to you?

•I eat to calm down •I speak and eat very fast •I drink alcohol or smoke to calm down •I rush around but do not get much done •I work too much •I delay doing the things I need to do •I sleep too little, too much or both •I slow down •I try to do too many things at once. [www.heart.org](http://www.heart.org)

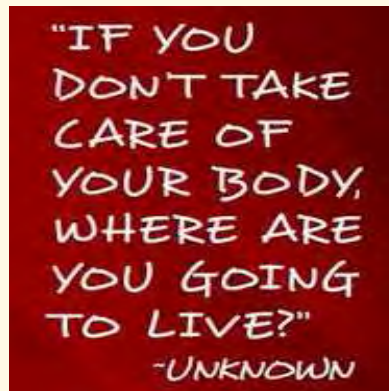


## Did you know?

Billions of dollars are spent every year in the U.S. on medications that reduce the risk of heart disease—the No.1 killer in Florida.

Heart disease accounts for 3 out of 10 deaths in Florida and in 2014 there were 42,835 heart attack hospitalizations, or an average of 117 heart attack hospitalizations each day.

About half of all Americans have at least one of these three risk factors for heart disease: high blood pressure, high cholesterol and smoking. By eliminating these risk factors and others we can take steps to reduce heart disease related deaths in Florida.



For employee Flu Shot call Genna Johnson, RN at ext.: 5712

**Please consult your healthcare provider before starting any diet or exercise program.**

DOH Intranet

## DOH-Broward Employee Wellness



**The Walking Club,  
meets at noon in front of  
the Administration Building every  
Monday, Wednesday and Friday.  
Mark your calendars!**

## Contact Us:

**Kristin Halldorsdottir**  
954-467-4700 x 3009

**Nicky Lewin**  
954-467-4700 X 4004



# 10 Positive healthy habits you want to develop

Chronic stress affects our health. Healthy habits can protect you from the harmful effects of stress.

- 1. Talk with family and friends.** A daily dose of friendship is great medicine. Call or write friends and family to share your feelings, hopes and joys and ask them to share theirs.
- 2. Engage in daily physical activity.** Regular physical activity can relieve mental and physical tension. Physically active adults have lower risk of depression and loss of mental functioning. Physical activity can be a great source of pleasure, too. Try walking, swimming, biking or dancing every day.
- 3. Embrace the things you are able to change.** While we may not be able to do some of the things we once enjoyed, we are never too old to learn a new skill, work toward a goal, or love and help others.
- 4. Remember to laugh.** Laughter makes us feel good. Don't be afraid to laugh out loud at a joke, a funny movie or a comic strip, even when we're alone.
- 5. Give up the bad habits.** Too much alcohol, cigarettes or caffeine can increase blood pressure. If you smoke, decide to quit now. If you do drink alcohol, do so in moderation.
- 6. Slow down.** Try to "pace" instead of "race." Plan ahead and allow enough time to get the most important things done without having to rush.
- 7. Get enough sleep.** Try to get six to eight hours of sleep each night. If you can't sleep, take steps to help reduce stress and depression. Physical activity also may improve the quality of sleep and life in general.
- 8. Get organized.** Use "to do" lists to help you focus on your most important tasks. Approach big tasks one step at a time. For example, start by organizing just one part of your life — your car, desk, kitchen, closet, cupboard or drawer.
- 9. Practice giving back.** Volunteer your time or spend time helping out a friend. Helping others helps you.
- 10. Try not to worry.**

[www.heart.org](http://www.heart.org)

ONE SMALL POSITIVE  
THOUGHT IN THE  
MORNING CAN  
CHANGE YOUR  
ENTIRE DAY.

