

DR. BENSON YU

3601 CHAIN BRIDGE ROAD, FAIRFAX, VA 22030

(703) 691-1136 (703)691-8116 (FAX)

**SELF-MONITORING OF BLOOD PRESSURE**

Time to Test	Fasting, before Breakfast	1-2 Hours After Breakfast	Before Lunch	1-2 Hours After Lunch	Before Dinner	1-2 Hours After Dinner	Bedtime
Target Goal :	sys 110-120			dias 60-70			
Doctor's Recommendation							
Monday							
Tuesday							
Wednesday							
Thursday							
Friday							
Saturday							
Sunday							
Monday							
Tuesday							
Wednesday							
Thursday							
Friday							
Saturday							
Sunday							
Monday							
Tuesday							
Wednesday							
Thursday							
Friday							
Saturday							
Sunday							
Monday							
Tuesday							
Wednesday							
Thursday							
Friday							
Saturday							
Sunday							

And there's a bonus: potassium citrate—the kind you get in fruits and vegetables—also seems to protect against kidney stones and osteoporosis.

## 5. Eat 8 to 10 fruits and vegetables a day.

Potassium may help explain why fruits and vegetables seem to protect against strokes.

When Graham MacGregor, professor of cardiovascular medicine at St. George's Hospital Medical School in London, and colleagues pooled eight studies that included more than 250,000 people, the researchers found that those who reported eating at least five servings of fruits and vegetables a day had a 26 percent lower risk of stroke than those who ate fewer than three servings a day.<sup>7</sup>

Experts have known that fruits and vegetables lower blood pressure since the 1997 landmark DASH (Dietary Approaches to Stop Hypertension) study.<sup>8</sup>

"DASH showed that eating eight to 10 fruits and vegetables a day and increasing low-fat dairy foods in a diet that's low in saturated fat can lower blood pressure by about 10 millimeters of mercury," notes Havas. "That's as good as most single medications for blood pressure."

In 2005, the OmniHeart study pitted the original DASH diet (which gets about 60 percent of its calories from carbohydrates) against a higher-protein diet (which emphasized soy and other plant protein) and a Mediterranean-like diet (which was higher in unsaturated fat). All three had the same calories and were low in saturated fat, sodium, and cholesterol and were rich in fruits, vegetables, fiber, and potassium.

And after six weeks, all three diets lowered blood pressure and LDL ("bad") cholesterol. However, the protein and unsaturated fat diets cut blood pressure more, perhaps because they had fewer desserts and sweets than the higher-carb original DASH diet. (In some studies, sugars raise blood pressure.)

"The OmniHeart results should give people more flexibility to choose any of these three options," says lead author Lawrence Appel of Johns Hopkins University in Baltimore. "That should make it easier to eat a diet that can reduce risk of stroke and heart disease."

## 6. Eat fish twice a week.

Most studies find a lower risk of stroke in fish eaters.

For example, when researchers tracked 4,775 older men and women for 12 years, those who reported eating tuna or baked or broiled fish one to four times a week had a 27 percent lower risk of stroke

than those who ate fish less than once a month.<sup>9</sup> (In contrast, people who ate fried fish or fish burgers more than once a week had a 40 percent *higher* risk of stroke.)

And in a study that tracked roughly 79,000 women for 14 years, those who ate fish at least twice a week had a 51 percent

> > > >

## Pass the Potassium

Experts recommend 4,700 mg of potassium a day, largely from fruits and vegetables, not supplements. Bonus: in addition to lowering your blood pressure and risk of stroke, potassium may also help strengthen bones and prevent kidney stones.

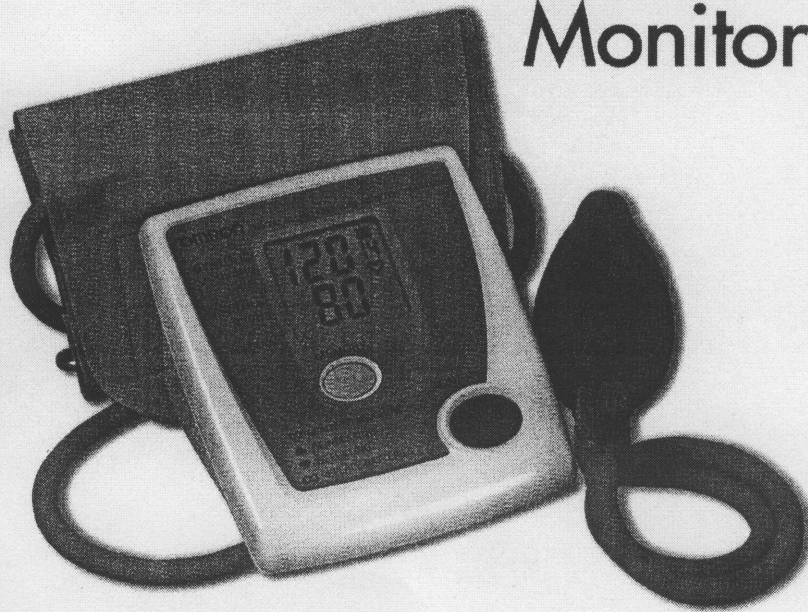
Food ( $\frac{1}{2}$ cup cooked unless noted)	Potassium (milligrams)	Food ( $\frac{1}{2}$ cup cooked unless noted)	Potassium (milligrams)
Potato, baked, with skin (1)	1,080	Grapes, green or red (1 cup)	310
Pasta sauce, tomato (1 cup)	940	Prunes (5)	310
Sweet potato, baked, with skin (1)	690	Pistachios (50 nuts—1 oz.)	300
Edamame (boiled green soybeans)	490	Pork (3 oz. cooked)	300
Halibut (3 oz. cooked)	490	Flounder or sole (3 oz. cooked)	290
Orange juice (1 cup)	480	Parsnips	290
Swiss chard	480	Yogurt, fruit on the bottom (6 oz.)	290
Tuna (3 oz. cooked)	480	Beef (3 oz. cooked)	280
Great northern beans	460	Lima or pinto beans	280
Winter squash	450	Nectarine (1)	270
Artichoke (1 medium— $\frac{3}{4}$ cup)	430	Raisins ( $\frac{1}{4}$ cup) or dates (5)	270
Cantaloupe (1 cup)	430	Sunflower seeds ( $\frac{1}{4}$ cup—1 oz.)	270
Banana (1)	420	Figs, dried (2)	260
Spinach	420	Mango (1 cup) or strawberries (1 cup)	260
Apricots, dried (5)	410	Beets or Brussels sprouts	250
Yogurt, plain, nonfat (6 oz.)	400	Broccoli or zucchini	230
Honeydew (1 cup)	390	Orange (1) or carrot (1)	230
Black beans, lentils, or navy beans	370	Almonds (25 nuts—1 oz.)	210
Milk (1 cup)	370	Chicken (3 oz. cooked)	210
Papaya (1 cup)	360	Chickpeas	210
Split peas	360	Salmon, red (sockeye), canned, with bones ( $\frac{1}{4}$ cup—2 oz.)	210
Kellogg's All-Bran Original ( $\frac{1}{2}$ cup)	350	Tomato ( $\frac{1}{2}$ cup)	210
Salmon (3 oz. cooked)	350	Peach (1) or pear (1)	190
Haddock (3 oz. cooked)	340	Peanuts (30 nuts—1 oz.)	190
Watermelon (2 cups)	340	Tuna, canned ( $\frac{1}{4}$ cup—2 oz.)	130
Kidney beans	330		

Sources: U.S. Department of Agriculture and companies.



OMRON®

# Manual Blood Pressure Monitor



## Benefits and Features:

- **Easy to Use...** wrap the cuff around your arm and squeeze the bulb to inflate - your blood pressure and pulse appear quickly.
- **Track Your Progress...** with 14 Memory Recall