

PENNINGTON & RED LAKE COUNTIES WELLNESS NEWSLETTER February 2021



February is American Heart Month, a time when all people can focus on their cardiovascular health. The Division for Heart Disease and Stroke Prevention is shining a light on hypertension (high blood pressure), a leading risk factor for heart disease and stroke.

5 Surprising Facts About High Blood Pressure

High blood pressure affects nearly half of the adult population in the United States,¹ yet many people who have the condition don't know they have it. Uncontrolled high blood pressure raises the risk for heart disease and stroke, which are leading causes of death in the United States. Fortunately, high blood pressure is treatable and preventable.

1. High blood pressure may be linked to dementia.

Recent studies show that high blood pressure is linked to a higher risk for dementia, a loss of cognitive function.² Timing seems to matter. Evidence suggests that having uncontrolled high blood pressure during midlife (ages 44 to 66) creates a higher risk for dementia later in life.³ It's never too early to start thinking about your blood pressure.

2. Young people can have high blood pressure, too.

Nearly 1 in 4 adults aged 20 to 44 have high blood pressure.⁴ High blood pressure is a leading cause of [stroke](#), a condition that is on the rise among younger people. Experts think the increased risk for stroke in this age group is a result of the rising rates of obesity, high blood pressure, and type 2 diabetes.

3. High blood pressure usually doesn't have any symptoms. Since many people feel fine, they don't think they need to get their blood pressure checked.

4. Many people who have high blood pressure don't know it.

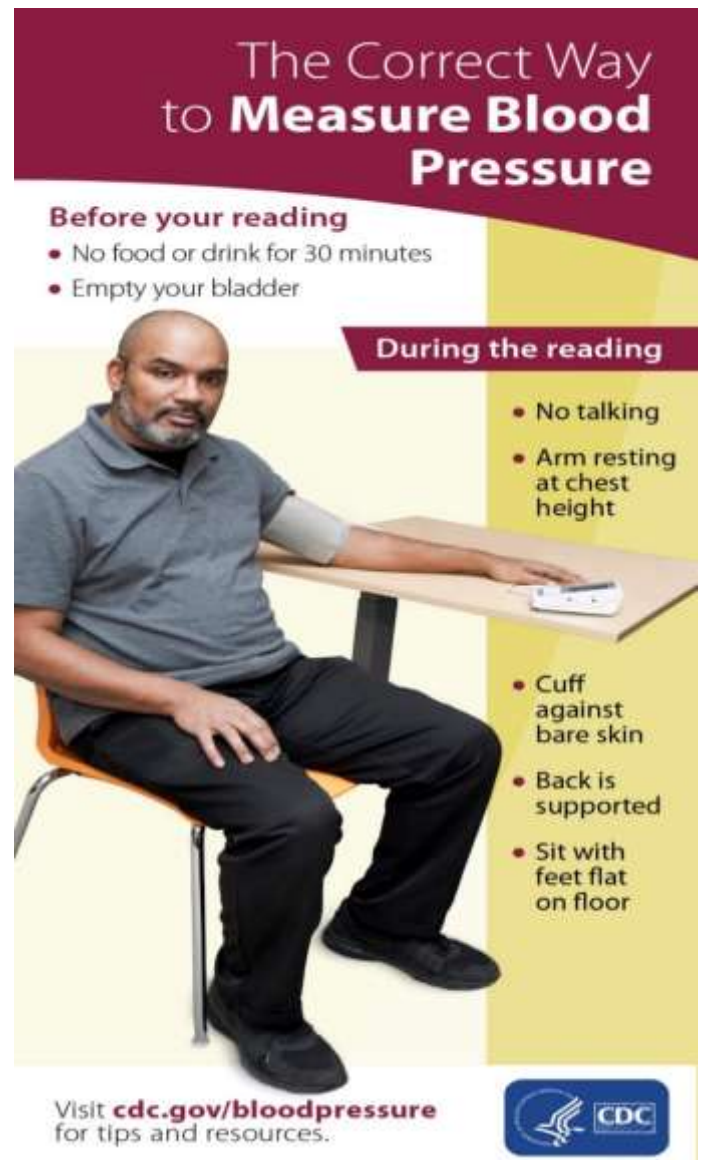
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5. Women and African Americans face unique risks when it comes to high blood pressure.

Women with high blood pressure who become pregnant are more likely to have complications during pregnancy. African American men and women have higher rates of high blood pressure than any other racial or ethnic group.⁴ Experts think this is tied to higher rates of obesity and diabetes. By living a healthy lifestyle, you can help keep your blood pressure in a healthy range and lower your risk for heart disease and stroke.

https://www.cdc.gov/bloodpressure/5_surprising_facts.htm



The Correct Way to Measure Blood Pressure


Before your reading

- No food or drink for 30 minutes
- Empty your bladder

During the reading

- No talking
- Arm resting at chest height
- Cuff against bare skin
- Back is supported
- Sit with feet flat on floor

Visit [cdc.gov/bloodpressure](https://www.cdc.gov/bloodpressure) for tips and resources.





5 Things To Know About Relaxation Techniques for Stress

When you're under stress, your body reacts by releasing hormones that produce the "fight-or-flight" response. Your heart rate and breathing rate go up and blood vessels narrow (restricting the flow of blood). Occasional stress is a normal coping mechanism. But over the long-term, stress may contribute to or worsen a range of health problems including digestive disorders, headaches, sleep disorders, and other symptoms.

In contrast to the stress response, the relaxation response slows the heart rate, lowers blood pressure and decreases oxygen consumption and levels of stress hormones. In theory, voluntarily creating the relaxation response through regular use of relaxation techniques could counteract the negative effects of stress.

1. Relaxation techniques are generally safe, but there is limited evidence of usefulness for specific health conditions.
2. Relaxation techniques include a number of practices such as progressive relaxation, guided imagery, biofeedback, self-hypnosis, and deep breathing exercises. The goal is similar in all: to consciously produce the body's natural breathing, lower blood pressure, and a feeling of calm and well-being.
relaxation response, characterized by slower
3. Relaxation techniques often combine breathing and focused attention to calm the mind and the body. These techniques may be most effective when practiced regularly and combined with good nutrition, regular exercise, and a strong social support system.
4. Most relaxation techniques can be self-taught and self-administered.
5. Do not use relaxation techniques as a replacement for conventional care or to postpone seeing a doctor about a medical problem. Talk to your health care providers if you are considering using a relaxation technique for a particular health condition.

<https://www.nccih.nih.gov/health/tips/things-to-know-about-relaxation-techniques-for-stress>

Parenting Tips



14 cups popcorn- popped according to directions

- 16 ounce bag of mini marshmallows
- 6 Tablespoons of butter
- 1 cup white chocolate chips or
- 1/2 cup valentine's themed sprinkles/jimmies/candies (etc.)

1. In a large pot, melt butter over medium heat. Add marshmallows and stir until melted. Add in white chocolates. Remove from heat and stir until smooth. Add popcorn and gently stir until evenly coated.
2. Pour out onto a cookie sheet lined with parchment paper. Sprinkle on half of the sprinkles.
3. Using buttered hands, form popcorn into one balls for mini bites or two inch ball for regular size. Add additional sprinkles as necessary to each ball to make pretty.
4. Let set until cooled.

You Make My Heart Pop by Jenny Raulli of Bloom Designs for I Heart Naptime



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