



Winchester  
District  
Memorial  
Hospital

# Preventing Diabetes

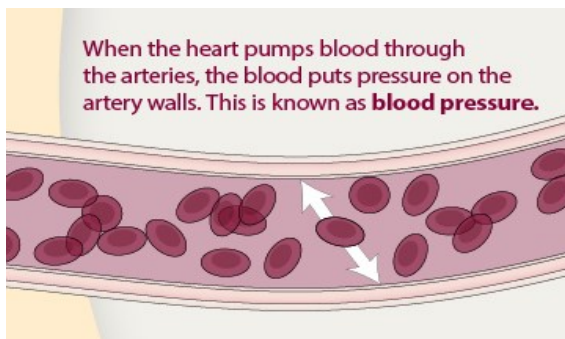
VOLUME 15, ISSUE 2

MAY/JUNE 2021

## Do You Know What Your Blood Pressure Is?

Do you know what your blood pressure is? It's a good idea to have your blood pressure checked on a regular basis because having uncontrolled high blood pressure puts you at higher risk for type 2 diabetes. And it's not just a risk factor for diabetes; according to the Heart and Stroke Foundation of Canada, high blood pressure is also the **NUMBER ONE** changeable risk factor for stroke and a risk factor for heart disease as well.

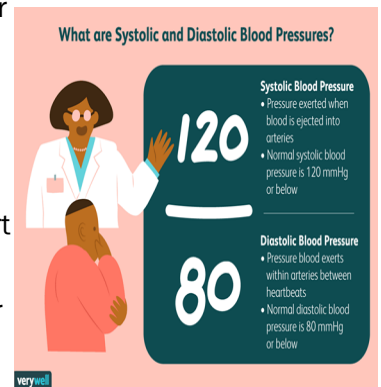
Blood pressure is a measure of the force of your blood against the walls of your blood vessels (or arteries). Every time your heart beats, it's pushing blood through your arteries and creating pressure against the walls of those arteries. High blood pressure (hypertension) happens when the force of the blood against the walls of the arteries is too high.



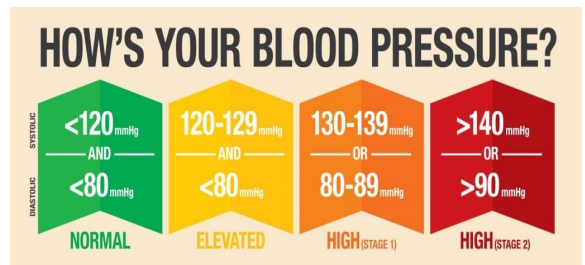
Most people with high blood pressure don't experience any symptoms and it can go untreated for months and years.

Blood pressure is expressed as two numbers like a fraction and is measured in units called millimeters of mercury or mmHG.

The top number (**systolic**) measures the pressure on your arteries when your heart beats and the bottom number (**diastolic**) measures the pressure when the heart relaxes.



Normal blood pressure is 120 over 80 (or 120/80) or lower. See chart below.



You can ask your doctor or any of your other health care providers to take your blood pressure. Some pharmacies have free access to blood pressure monitors—they are usually close to the dispensary section. You can also buy a home blood pressure monitor and check it yourself at home.

Have a great summer!



## Universal Seasoning

Make your own blend of salt-free seasoning. Mix and store in a salt or pepper shaker.

- 15 mL (1 Tbsp) dried mustard
- 15 mL (1 Tbsp) paprika
- 15 mL (1 Tbsp) garlic powder
- 15 mL (1 Tbsp) onion powder
- 7 mL (1 1/2 tsp) black pepper
- 5 mL (1 tsp) basil
- 5 mL (1 tsp) thyme

Below is a picture of my favourite ‘no sodium’ spice blend. It’s available at Saint-Albert Cheese Factory store as well as some Metro grocery stores. Check the label because they make a lot of different ones—look for the ‘Natural Taste’ one and check the label to make sure!



## A Note about Sodium, Potassium and your Blood Pressure

Most you of have already heard that cutting back on the salt (or sodium) in you diet helps improve your blood pressure. The goal is to stay under 2300mg of sodium per day.

First step is to watch how much salt you add to your cooking and at the table. Unfortunately 75% of the sodium in our diet is already in the food we eat so it’s important to read the **Nutrition Facts** label to find out how much sodium is already in the foods we eat regularly. A big source of sodium in our diet is bread, cheese and condiments! Darn it!

What you don’t hear much about is that **increasing foods that are rich in potassium** also helps control your blood pressure. Foods that are naturally a good source of potassium are vegetables and fruits, yogurt, milk, nuts, pulses (dried peas, beans, lentils) as well as seafood and fish. So basically, unprocessed, whole foods.

So try to make sure you have a fruit with breakfast, at least one cup of vegetables with your lunch and supper, and a handful of nuts or pulses in your day will go a long way to in helping control your blood pressure.

Nutrition Facts	
Valeur nutritive	
Per 2 slices (56 g) / pour 2 tranches (56 g)	
<b>Calories 130</b>	% Daily Value*
	% valeur quotidienne*
<b>Fat / Lipides 1 g</b>	1 %
Saturated / saturés 0.2 g	1 %
+ Trans / trans 0 g	
<b>Carbohydrate / Glucides 26 g</b>	
Fibre / Fibres 1 g	4 %
Sugars / Sucres 1 g	1 %
<b>Protein / Protéines 5 g</b>	
<b>Cholesterol / Cholestérol 0 mg</b>	
<b>Sodium 230 mg</b>	10 %
Potassium 40 mg	1 %
Calcium 50 mg	4 %
Iron / Fer 1.75 mg	10 %
*5% or less is a little, 15% or more is a lot	
*5% ou moins c'est peu, 15% ou plus c'est beaucoup	

## A Reminder about our Clinic

Due to COVID-19 pandemic, our classes have been suspended. However, we are still available by email and telephone for our clients. Please don’t hesitate to contact us if you have any questions or concerns.

Stay healthy and stay safe!