



TRIPLE P COMMUNICATION STATION

Volume 1, Issue 2

PATIENT PHYSICIAN PARTNERSHIP

THANK YOU!!!

Thank you for being a part of our new program. We are excited about giving you very interesting and important news. You will be receiving very important health information. This information will be about eating habits, blood pressure, stress, doctor visits, and other daily life-styles.

HEALTHY TIPS

People under stress tend to eat their food too fast, swallowing it without enjoying the flavor or chewing it enough. Which could lead to heartburn. These are tips for relaxing.

- | | |
|---------------|--|
| Step 1 | Find a private place |
| Step 2 | Tense ALL muscles, squeezing your toes, thighs, buttocks, and arms and so forth. |
| Step 3 | When ready, Relax all muscles. |
| Step 4 | Take a deep breathe. |
| Step 5 | Enjoy your meal! |

Patient-Physician Clinical Partners

Belair Road Family
Health Center

Greater Dundalk
Medical Center

Highlandtown
Community Center

Jai Medical Center

Johns Hopkins
Outpatient Center

Johnson
Medical Center

Matilda Koval
Medical Center

Merrit Park
Medical Center

Middlesex Health
Center

People's Community
Health Center

Total Health Care

Tindoco
Health Center

Wyman Park
Medical Center

What causes high blood pressure?

The causes of high blood pressure vary. Causes may include narrowing of the arteries, a greater than normal volume of blood, or the heart beating faster or more forcefully than it should. Any of these conditions will cause increased pressure against the artery walls. High blood pressure might also be caused by another medical problem. Most of the time, the cause is not known. Although high blood pressure usually cannot be cured, in most cases it can be prevented and controlled.

DID YOU FORGET?!

What do you, the trees, and a dog have in common? Give up? You all need **water**. All living things must have water to survive, whether they get it from a water fountain, a rain cloud, or a little bottle

It might not seem like it, but water is the most necessary nutrient of them all - so necessary that people can't survive for more than a few days without it. More than half the weight of your body is water - if you weigh 60 pounds, fewer than 25 of those pounds are bones and squishy insides, and the remaining pounds are made up of water.

So let's see what water does for our bodies . . . jump in and get wet.

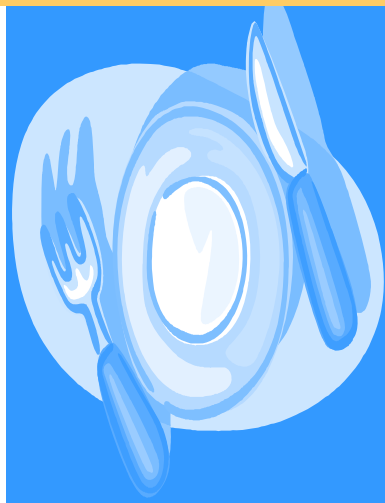


RECIPES, YOU CAN LIVE

Cajun Beef Tips With Rice

Ingredients:


1 lb round steaks, cut into strips
1 onion, chopped
1 green pepper, chopped
1/2 lb mushrooms, chopped
2 tomatoes, chopped
salt (a small amount) or
salt substitute
pepper
cayenne



Instructions:

Brown the meat, onion, green pepper, and mushrooms in a small amount of oil in a heavy skillet. Cook until vegetables are soft and meat is browned. Remove from heat. Add tomatoes. Bring to a boil then lower heat to a simmer.

Cook 10 minutes.
Feeds a family of 6.
Serve over white rice.



DECEMBER 2003

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PATIENT-PHYSICIAN PARTNERSHIP STUDY

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*Do you have a funny story, or a tasteful
recipe.
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COMMIT TO TREATMENT AND CONTROL YOUR BLOOD PRESSURE THE FIRST STEP TO HEALTHY LIVING AND A LONGER LIFE SPAN.

T - Treatment is usually a life-long process

R - Realize how important your health is

E - Exercise regularly

A - Achieve and maintain a normal blood pressure below 140/90

T - Take your blood pressure medication, as prescribed

M - Maintain treatment

E - Express any concerns to your doctor

N - Never be afraid to ask questions

T - Team up with you doctor to meet treatment goals