

# TRIPLE "P" COMMUNICATION STATION

Volume 1, Issue 1

## PATIENT PHYSICIAN PARTNERSHIP

Welcome to the first edition of your Triple P newsletter. Thank you for participating in the Patient-Physician Partnership to Improve High Blood Pressure Adherence.

This study will see if a new educational program can improve how doctors and patients talk (or communicate) with each other so that we may improve the quality of medical care for all patients.



## HEALTHY TIPS

- Choose foods that have the lowest percent daily value for sodium.
- Buy fruits and vegetables for snacks.
- Take the salt shaker off the table.
- Choose fresh or frozen lean cuts of meat, fish, and poultry.
- Season your food with herbs and spices instead of salt.

### 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

Total Health Care

Tindeco Health Center

Wyman Park Medical Center

University of MD

Desai, Sheer, and Holmes, LLC

Madison Park Medical Center

## WORD UP!!!

FIND THESE WORDS:

CONTACT, HELP, QUESTION, READ, PREPARE, SMILE, UNDERSTAND



A S M I L E Y L I B K I K R S B I  
R E D S R E A D L A L P H A K A L  
K C I W M P A E G U L I W O W M V  
B O N T D O N J A N I Y K I S S Q  
D N Q E C V M P E D B P M S P P M  
E T A C T O M D M E R S A X C N I  
C A W E R Q T I F R P R E P A R E  
X C M E T O E M I S V O F O M E P  
W T M E I V O E M T A M M V N E P  
M Y X O W G Q W E A T Y U Z X C M  
H E L P C O T F S N V I U W P A M  
M E E K Q U E S T I O N C F R T G  
H I O P M Q Z N M A S D F G H J J  
P O S V B I D Q M C O V L M L O P

## DID YOU FORGET?!

Sometimes we are so busy listening to the doctors, we forget to ask questions that are very important for reaching a healthy lifestyle. Here are some questions you may have wanted to ask but forgot to :

- What should I do if I miss taking my medicine?
- Can I stop taking my medicine once I am feeling better?
- How long do I need to be on this medication?
- What is a healthy eating plan for me that won't cost a lot of money?
- Are there any side effects to this medicine?



## RECIPES, YOU CAN LIVE WITH

### Barbeque Chicken Breasts

**Ingredients:** 4 skinless chicken breasts

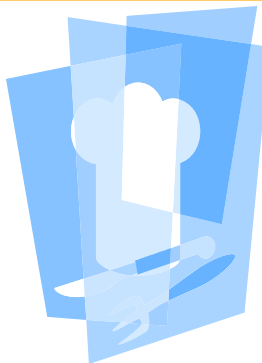
1/3 cup apricot preserve

2 Tbs. Plus 2 tsp. Lite soy sauce

2 Tbs. Plus 2 tsp. Ketchup

2 tsp. Brown sugar

**Quantity:** 4 servings



### Instructions:

During the warm weather prepare grill or cook in oven with broiler. Place chicken on grill over medium heat. Cook 10 minutes, turning occasionally. Combine remaining ingredients in a bowl and mix well. Generously brush chicken with apricot glaze and cook 10-15 minutes longer, turning pieces often and brushing with glaze frequently until chicken is cooked throughout.

### Recommended side dishes:

Salad with Lite Dressing

## **PATIENT-PHYSICIAN PARTNERSHIP STUDY**

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**Patient Physician  
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**COMMIT TO TREATMENT AND CONTROL YOUR BLOOD PRESSURE.  
THE FIRST STEP TO HEALTHY LIVING AND A LONGER LIFE SPAN.**

- C- Control your Blood Pressure**
- O- Omit fatty foods**
- M- Make food changes that will lower your blood pressure**
- M- Monitor your Blood Pressure**
- I - Increase your Physical Activity**
- T - Talk to your Doctor**