



TRIPLE P COMMUNICATION STATION

Volume 1, Issue 4

PATIENT PHYSICIAN PARTNERSHIP

THANK YOU!!!

Thank you for being a part of our program. We are excited about giving you very interesting and important information.

Did you know that your weight can affect your blood pressure? In this month's newsletter, you'll learn more about this and also get a tasty heart-healthy recipe.

Guess What?!

1. True or false: Losing weight, as well as eating less fat and sodium, can lower high blood pressure.
2. True or false: Skipping meals is a good way to cut down on calories.
3. Which type of food has the most calories?
 - A. Carbohydrates (breads, crackers, etc.)
 - B. Protein (beans, turkey, etc.)
 - C. Fats (oils, nuts, etc.)
4. True or false: The best way to lose weight is to eat fewer calories and to exercise more.
5. True or false: Eating lots of vegetables can make you feel fuller than eating other types of foods.

* answers on next page

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Community Center

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Johns Hopkins
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Merritt Park
Medical Center

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Center

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Health Center

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Medical Center

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Maryland

HEALTHY RECIPE

banana-cranberry bars

1 serving cooking spray (5 one-second sprays per serving)
 1 Tbsp light butter, softened
 1/4 cup unpacked brown sugar
 1 large bananas, chopped
 1 cup uncooked old-fashioned oats
 1/2 cup all-purpose flour
 1/2 tsp baking powder
 2 tsp orange zest
 2/3 cup orange juice
 3 Tbsp dried cranberries



Preheat oven to 400°F. Coat an 8 x 8-inch baking pan with cooking spray.

Put butter, brown sugar and banana in a food processor and process until smooth. Add oats, flour and baking powder and pulse until blended. Add zest, juice and cranberries and pulse until a smooth batter forms with bits of cranberry throughout. Spread batter in baking pan and smooth top with a wooden spoon. Bake until firm and golden brown, about 35 to 40 minutes. Cool completely before cutting into 8 bars

DID YOU KNOW?!

Your blood pressure generally goes up as your body weight goes up. Losing even just 10 pounds can lower your blood pressure - and losing weight has the biggest effect for people who are overweight and already have high blood pressure. So, what are you waiting for???? Ask your doctor if losing weight would help you and then get moving if she says it would! Here are some good tips on how to lose weight in a safe way.

Don't overdo it

If you are trying to lose weight, you need to do this slowly to stay healthy. You should try to lose no more than 1 to 2 pounds a week. One pound of your weight equals 3,500 calories. So, to lose 1 pound a week, you need to eat 500 calories a day less or burn 500 calories a day more (through exercise) than you normally do.

Change the way you eat

Changing the way you eat can make it easier to eat less without feeling hungry. It takes at least 15 minutes for your brain to know you've been fed. So, if you slow down how fast you eat, your body will have enough time to know you are full by the time you finish a smaller meal. This means that you won't keep wanting more. Eat lots of vegetables - they can make you feel fuller (and are good for you, of course!). Also, use smaller plates so that your smaller meals do not appear too small. Changing your eating schedule, or making an eating schedule, can help you, especially if you tend to skip, or put off meals and overeat later in the day.

Don't skip meals

Lots of people think that they just need to skip meals to eat less and lose weight. Wrong!! When you skip meals, your body uses less energy to do its work. This just makes it harder for you to lose weight.

Exercise at least 30 minutes every day

Be sure to do a little exercise every day. Walk around the block a few times, do some gardening, walk the dog, bike to a friend's house, or do whatever other type of exercise you enjoy. Just do it!



Answers: 1. True 2. False 3. C. 4. True 5. True

2004

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PATIENT-PHYSICIAN PARTNERSHIP STUDY

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Newsletter: Anthony Weldon, Jr and team

*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.**

- P - Please take your pressure medicine.**
- R - Remember to share concerns with your doctor.**
- E - Express to your doctor ALL of your health concerns**
- S - Support is extremely important from family and friends**
- S - Shaking salt on your food increases the risk of high blood pressure**
- U - Understand what your doctor is trying to tell you**
- R - Remember to limit salt intake**
- E - Exercise only as much as your body will allow**