

May is Blood Pressure Education Month!

Uncontrolled high blood pressure may have no symptoms and is sometimes called "the silent killer". One in three adults has high blood pressure, yet some don't know they have it. Blockages and blood clots mean less blood can get to our vital organs, and without blood, the tissue dies. That's how high blood pressure can lead to stroke, heart attack, kidney failure, and heart failure.

Here's what you can do:

Eat Better! You may be eating plenty of food, but your body may not be getting the nutrients it needs to be healthy. Nutrient-rich foods have vitamins, minerals, fiber and other nutrients, but are lower in calories. Choose a wide variety of vegetables, fruits, whole-grain products and fat-free or low-fat dairy products. Valley View Health Center can do a Nutrient Evaluation for you at no charge. Please ask about it.

Eating a variety of fruits and vegetables may help you control your weight and your blood pressure. Whole-grain foods contain fiber that can help lower your blood cholesterol and help you feel full, which may help you manage your weight.



Eat fish at least twice a week. Recent research shows that eating oily fish containing omega-3 fatty acids (salmon, trout, and herring) may help lower your risk of death from coronary artery disease. Choose lean meats and poultry without skin and prepare them without added saturated and trans fat. Select fat-free, 1 percent fat, and low-fat dairy products.

- Aim for less than 300 milligrams of cholesterol each day.
- Choose and prepare foods with little or no salt.
- Aim for less than 1500 milligrams of sodium per day.

Exercise! The benefits of exercise are too numerous to list here, but 30 minutes of moderate exercise per day will help you maintain current weight and increase your circulation. 60 minutes of exercise per day will help you lose at least one pound of fat per month. Exercise increases circulation; you will have more energy after you exercise. If you are just beginning an exercise program, talk to your physician or health care professional to get guidelines according to your current health. If you have chronic pain, check with your health care professional first and ask them if regular exercise would help control your chronic pain.

This information is from the American Heart Association website
Visit <http://mylifecheck.heart.org>
Click on Simple 7 steps to Action.

Medical Walk-in Clinic Now Open!

1800 Cooks Hill Road, Suite F
736-3042

Hours: Noon - 10:00 p.m.
7 days a week - closed holidays

Other Valley View Health Center Locations:

2690 NE Kresky, Chehalis
(360) 330-9595
Medical, Dental and Mental Health

Morton Dental
(360) 496-5101

Onalaska (360) 978-6600
Medical

Raymond (Pacific County)
(360) 942-3040
Medical and Dental

Toledo (360) 864-4400
Medical

Winlock (360) 785-9400
Medical

www.vvhc.org

Our next Awareness flyer will
be available September 2010.

Have a happy and safe
Summer!



If you would like to be added to our
emailing list or have questions please
contact rbryan@vvhc.org.



Being overweight is another cause of high blood pressure. When you are overweight, every part of your body has to work harder, which causes stress to your organs. If you're overweight or obese, you can reduce your risk for heart disease by successfully **losing weight** and keeping it off. To do that, it's crucial to understand your recommended calorie intake and the amount of calories you're consuming versus the energy calories you're burning off with physical activity. All diseases are preventable and eating right is the first step. The information could help you save your life!

If you have diabetes, it is treatable. But even when glucose levels are under control diabetes greatly increases the risk of heart disease and stroke. If you have diabetes, the Nutrient Intake Evaluation can help you make a difference. Most people don't realize what nutrients they are getting too much or too little of until they see it on

paper. The good news is that small changes can add up to big improvements, including the need for less medication!

Above all, be mindful that every function of our bodies requires water. Drink at least 6 glasses of water each day, more during warmer weather and exercise. Abstain from tobacco, alcohol and drugs.

If you have a drug or alcohol problem, in Lewis County call the Eugenia Center at 740- 9767 or New Directions Counseling at 740-4380. In Pacific County call the Health and Human Services Department at 360-875-9343.

Our main location in Chehalis offers Medical, Dental and Behavioral Health services



2690 NE Kresky Avenue, Chehalis, (360) 330-9595

We accept DSHS medical coupons, uninsured and underinsured individuals and families.
A sliding fee scale program also available, most insurances also accepted

Other Valley View centers in Morton (Dental only), Onalaska, Raymond, Toledo, Winlock and new Walk-In (medical only) now open at 1800 Cooks Hill Road, Suite F, Centralia

Bilingual Services available at all clinics

www.vvhc.org

Our Mission:

To improve the health and well-being of the community by providing quality and compassionate health care services in a patient-centered atmosphere, respecting individual and cultural diversity

Para mejorar la salud y el bienestar de la Comunidad mediante la prestación de calidad y servicios de atención de salud compasivos en una atmósfera centrado en el paciente, respetando la diversidad cultural y individual.

We're always on-line

24/7 you can find more information, including clinic locations, telephone numbers and a list of services and Valley View news at www.vvhc.org.

Your Personal Stories

Please send us your signed personal story about your experience or a loved ones experience at Valley View Health Centers. If we use your story for publicity, we will contact you.

Send your story to rbryan@vvhc.org