

MAY: HYPERTENSION AWARENESS

It's often called "The Silent Killer"- you can have high blood pressure (Hypertension) for years without a single symptom. But silence isn't golden. Uncontrolled high blood pressure increases your risk of serious health problems, including heart attack and stroke. African-Americans have one of the highest rates of hypertension worldwide—much higher than other populations of African origin. Compared with white Americans, hypertension is not only more prevalent in this population, it is also observed at an earlier age, has greater severity, and is accompanied by a disproportionate level of target organ damage. But, there's good news: Hypertension is both easily detectable and is preventable. This month, we will give you information on how to protect yourself against this deadly disease.



The May Spotlight on Health will focus on Hypertension Awareness.

HYPERTENSION PREVENTION

Educational Brown Bag Session
 Wednesday, May 28
 12:30 p.m. - 1:30 p.m.
 Stokes Center for Aging

Carol Edwards, Registered Nurse and Health Educator will present information on what Hypertension is, its dangers, how to prevent it and how to lower your risks if you have been diagnosed with the disease.

IN STEP WITH "JAZZY JAN"

Line Dancing Classes
 Mondays & Thursdays
 12:00 p.m. - 1:00 p.m.
 Stokes Center for Aging

Come have fun, release stress and get some exercise line dancing to oldies but goodies, led by Ms. Janice Woodland—Cuff.

VOLUME 1, ISSUE 5

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Special points of interest:

- * May 21, 2008 is National Employee Health and Fitness Day!
- * Sign up for the Brown Bag Session, "Hypertension Prevention", to be held Wednesday, May 30, at 12:30 p.m.

**FROM THE CSU WELLNESS COMMITTEE:
 CREATING A CULTURE OF HEALTH PT. 3**

In the last two issues of the Wellness Digest, we have been looking at the Wellness Committee's primary purpose and vision— creating a culture of Health for all employees on Central State University's campus. We discussed what the benefits of such an endeavor would be to the institution. In this issue, we will conclude this series by discussing the Wellness Committee's ongoing plan to make our vision a reality. It includes:

- Monthly educational seminars

on a variety of health related topics,

- Campus wide distribution of an Employee Health Interest Survey to better ascertain the health concerns and needs of CSU Employees,
- A Monthly Newsletter,
- An expanded/ extended Health Challenge to encourage more widespread participation,
- Representation from the Wellness Committee at various Divisional/ Organizational meetings to raise awareness of the programs and initiatives sponsored by the Wellness

Committee, and to obtain important feedback on how we can improve,

- Special programs and events coordinated in conjunction with other departments and organizations on campus.

Our aim is to serve this University by providing the very best in Health and Wellness programs for all of Central State's employees. We look forward to more programs, more involvement, and most of all, more success stories in the future.

Did You Know?

A report published in the May 2006 medical journal Hypertension suggests that long-term sleep deprivation increases the risk of high blood pressure!

<http://www.mayoclinic.com/health/sleep-deprivation/AN01344>

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Look for us on the Web...
COMING SOON!



2008 Wellness Calendar

January
Nutrition

February
Heart Healthy Month

March
Kidney Month

April
Cancer Month

May
Hypertension Awareness Month

June
AIDS Awareness Month

July
Smoking Awareness Month

August
Mental Health Awareness Month

September
Cholesterol Awareness Month

October
Breast and Prostate Cancer Awareness
Month

November
Diabetes Awareness Month

December
Alcohol Awareness Month

**SPOTLIGHT ON HEALTH:
HYPERTENSION AWARENESS MONTH**

The Dangers of Hypertension

Damage to your arteries

Healthy arteries are flexible, strong and elastic. If you have high blood pressure, the increased pressure of blood flowing through your arteries gradually can affect arteries throughout your body, obstructing blood flow to your heart, kidneys, brain and extremities.

Damage to your heart

Your heart is responsible for pumping blood to your entire body. Uncontrolled high blood pressure can damage your heart in a number of ways, such as Coronary Artery Disease (CAD), Enlarged left heart, and Heart failure.

Damage to your brain

Just like your heart, your brain depends on a nourishing blood supply to function properly and survive. But high blood pressure can cause several problems, including Stroke, Dementia, and Mild Cognitive Impairment.

Damage to your kidneys

Your kidneys are responsible for filtering and excreting excess fluid and waste from your blood. High blood pressure can injure both the blood vessels in and leading to your kidneys, causing several types of kidney disease (nephropathy).

Damage to your eyes

Tiny, delicate blood vessels supply blood to your eyes. High blood pressure can cause Eye blood vessel damage, Nerve damage, Fluid buildup under the retina, all of which can lead to complete and permanent loss of vision.



Other Possible Dangers of Hypertension

- **Sexual Dysfunction**
- **Bone Loss**
- **Trouble Sleeping**



Steps to Prevent Hypertension

Check your blood pressure and pulse regularly. See your doctor if they're high. The top blood pressure number should be less than 140. The bottom number should be less than 90.

Lose weight if you are overweight. Many doctors think weight loss is the single most important non-drug treatment for prevention of hypertension.

Eat a low-fat, high-fiber diet that is rich in fruits and vegetables, and exercise aerobically. It lowers blood pressure and prevents hypertension.

Quit smoking. Hypertension and smoking significantly increase your risk of stroke.

Reduce your stress. When you feel stressed, your arteries and veins constrict, which is detrimental to your health.

Know your family's health history.

Check your cholesterol once a year. High blood cholesterol can narrow arteries and make you more prone to hypertension.

9 WAYS TO EAT HEALTHILY (AND CHEAPLY)

1. Eat Seasonally. When harvest time comes around for your favorite fruit or veggie, the prices of those fruits and veggies plummet. It's also the best time to get the most flavor for your money.

2. Eat More Frozen and Canned foods. Not only are they way cheaper than fresh foods, in many cases, they're more nutritious. Fruits and vegetables are usually preserved within hours of harvest, when they have their maximum vitamins and minerals, while fresh fruits and vegetables can take days, or even weeks, to make the journey from the field to your table.

3. Shop Around. Check out those supermarket circulars that are stuffed into your mailbox every week. They'll usually contain sales on healthy items that are in season as well, since they're cheaper for the store to buy anyway.

4. Get To Know Your Grocer. Find out from the butcher when meat goes into the half-off section as its expiration date approaches. Only your pocketbook knows the difference.

5. Think Outside The Big Box. Instead of always going to the big-box supermarket chains, investigate if there are farmers' markets

or food co-ops in your area. It's a good way to save money and support your local community at the same time.

6. Start Your Own Farm. If you have a yard, start your own vegetable and/or herb garden. If you don't have space for a garden or big pots (for apartment dwellers with balconies), you can grow small pots of herbs in your kitchen—decorative, tasty, and economical!

7. Plan Ahead. Take some time on Sunday to plan out your menu for the week for all your meals and snacks. Just by planning ahead and not wasting money on unplanned restaurant meals, you'll find that you have a lot more money to spend at the grocery store so you won't have to cut as many corners for the meals you prepare.

8. Tap Into Tap Water. If you're going to spend money on your beverages, invest in a decent water filter to improve the taste of your tap water. It's a lot better for your waistline and your wallet than multiple trips to the soda machine.

9. Take Your Vitamins. Here's the easiest, most economical way to ensure that you always get a base level of proper nutrition.