

Clear and Easy #16



Molina Healthcare
24 Hour Nurse Advice Line
(888) 275-8750
TTY: (866) 735-2929

Molina Healthcare
Línea de TeleSalud
Disponible las 24 Horas
(866) 648-3537
TTY: (866) 833-4703

Titles by Clear and Easy

Book 1 – Pregnancy

Book 2 – Diabetes

Book 3 – Stress and Depression

Book 4 – End Stage Renal Disease (ESRD)

Book 5 – Asthma

Book 6 – Chronic Obstructive Pulmonary
Disease (COPD)

Book 7 – Congestive Heart Failure

Book 8 – Hypertension

Book 9 – Coronary Heart Disease

Book 10 – How to Take Care of Your Sick
Family

Book 11 – Help to Quit Smoking

Book 12 – Kids and Asthma

Book 13 – Kids and Diabetes

Book 14 – How to Keep Your Family Healthy

Book 15 – Asthma and COPD

Book 16 – Hypertension and Coronary Heart
Disease

Book 17 – Postpartum: Caring for You and
Your Newborn

Do you have health questions? Call Molina Healthcare's Nurse Advice Line. Places to put our number:

- On all your home phones.
- Your cell phone. Add us to your list of contacts.
- Your purse or wallet.
- Refrigerator door.
- Bedroom nightstand.
- In your medicine cabinet.
- In easy to reach places.



NM Members:

Molina Healthcare services are funded in part under contract with the State of New Mexico.

Clear and Easy

Book 16 - Hypertension and Coronary Heart Disease

Important Phone Numbers

Provider: _____

Provider: _____

Family: _____

Neighbor: _____

Molina Healthcare offers programs to help members stay healthy. These health and wellness programs are at no cost to you. They are part of your benefits. Programs include:

- Asthma
- Chronic Obstructive Pulmonary Disease (COPD)
- Diabetes
- Heart Health
- Pregnancy Support
- Stop Smoking

Molina Healthcare uses different ways to identify members for these programs. These include information from claims, pharmacy or other health programs. You are eligible for one or more of these programs. The choice is yours.

Our providers, nurses and other staff are here to help you learn about your health. You can talk with them by phone to get answers to your questions. You can also get more information such as a newsletter or booklet. Our staff can help you stay in touch with your health care provider. They can help you understand your treatment. They can also help you if you have any problems.

You are part of one of these programs. Call us if you would like more services. Your health care provider can call us too. The number to call is **(866) 891-2320**. You can choose to be removed at any time. We look forward to helping you stay in good health.

If you need this booklet in another language, large print, Braille or audio format, please call the Member Services number on the back of your ID card.

Table of Contents

Clear and Easy Book 16 - Hypertension and Coronary Heart Disease

Introduction.....	6
What Is Hypertension?.....	8
Blood Pressure Numbers.....	9
Symptoms.....	10
Causes.....	10
Risk Factors.....	11
Complications.....	12
What Is CHD?.....	13
Symptoms.....	13
Causes.....	14
Complications.....	15
What You Can Do to Feel Better.....	16
Watch Your Salt Intake.....	17
How to Read a Food Label.....	20
When to See Your Provider.....	24
Support.....	26
Blood Pressure Record.....	30
Resources.....	31

Introduction

You and your provider can work together to help you be as healthy as you can be. This booklet helps you understand hypertension (also called high blood pressure) and coronary heart disease (CHD). It gives you ideas on how to manage it. You should not use this booklet in place of what your health care provider tells you. If you have problems with your health, be sure to see your provider for treatment.

For questions about medicine or health concerns, you can call your health care provider.

If your health plan has a nurse advice line, you can call them too. If you don't feel well, they can help you decide what to do.

You may have someone who helps you with your health care. You must give permission for your providers and case managers to talk to this person about your care.



This booklet is to help you. It does not take the place of your provider's care. If you or your family has an emergency, you should call your provider. Or, go to the nearest emergency room.

What Is Hypertension?

Hypertension is a condition when your blood pressure is too high. Most people call it high blood pressure. Your heart has to pump blood through your arteries to get it to the rest of your body. If the pressure in the arteries is too high, the heart has to work harder. This can lead to other health problems.

High blood pressure does not always have symptoms. You might not have any symptoms at all but the damage is still being done to the body. It is important to keep blood pressure normal so that this damage doesn't occur. Once damage occurs it may be too late to reverse it. However, if the high blood pressure is treated, you can prevent problems.

Blood Pressure Numbers

Blood pressure is measured as systolic and diastolic pressures. “Systolic” is the blood pressure when the heart is pumping blood. “Diastolic” is the blood pressure when the heart rests between beats. Both are important. Usually you will see the systolic number written on top of the diastolic number.

Blood pressure doesn't stay the same all the time. It goes down when you sleep. It's higher when you are awake. It can go up if you are nervous or stressed. It also goes up if you are excited.

Blood pressure is measured by category. The higher the blood pressure, the higher the category. Normal blood pressure numbers are different for kids and teens.

Symptoms

Most people don't have any symptoms of high blood pressure. Some people may get a headache.

Causes

Blood pressure tends to go up with age. Some medical problems can cause high blood pressure. These include chronic kidney disease, thyroid disease and sleep apnea. Women who take birth control pills or hormones might have slightly higher risk.



If high blood pressure runs in your family, you have more risk. Be sure to get your blood pressure checked at least once a year.

Risk Factors

Your risk for complications can go up. This happens if you have high blood pressure and any of these things:

- Age – older people have more risk.
- High blood pressure in your family.
- Men have more risk.
- Overweight.
- Smoking.
- High cholesterol.
- Diabetes.
- You don't exercise.

Complications

Blood pressure that is not treated can lead to serious problems:

- Damage to the heart and coronary arteries. This includes heart attack, heart disease, congestive heart failure, aortic dissection and hardening of the arteries.
- Stroke.
- Kidney damage.
- Vision loss.
- Erectile dysfunction.
- Memory loss.
- Fluid in the lungs.
- Angina (chest pain).

What Is CHD?

Coronary Heart Disease (CHD) is a heart condition. The arteries and veins that bring blood to your heart have become narrow. Plaque has built up in the arteries and veins that feed your heart. Plaque can form from fat, cholesterol, calcium and other things in your blood. It gets hard over time. When the arteries are narrow, your heart can't get as much oxygen. This can cause chest pain (angina). If the artery gets blocked all the way it will cause a heart attack. Other names for this condition are Coronary Artery Disease, or Atherosclerosis.

Symptoms

Symptoms of CHD can be very different. Some people may not feel anything at all.

Symptoms to look out for are:

- Chest pain (angina).
- Shortness of breath.
- Feeling tight or heaviness.
- Other pain or burning in the arms, neck or jaw.

It's important to know that some people have different symptoms than others. Some may have no symptoms. It is possible to have a heart attack without having a lot of these symptoms.

Causes

The cause of CHD is a build-up of plaque. This happens when there is a lot of fat and cholesterol in the blood. There are things that increase the chance of CHD.

These are:

- Smoking.
- High blood pressure.
- High cholesterol.
- Lack of exercise.
- Diabetes.
- Stress.
- Age.
- Others in your family have CHD.

Complications

Heart failure can be a serious disorder. It can get worse if you are sick or have other stress. CHD can also cause congestive heart failure. This happens because the heart is not getting enough blood and oxygen.

It is very important to take good care of yourself.

What You Can Do to Feel Better

1. Do not smoke.
2. Take your medications exactly as your provider tells you.
3. Eat a low-fat, low-cholesterol diet.
4. Keep blood pressure under control.
Try to limit salt.
5. Stay active.
Exercise at least 30 minutes a day if you can.
Talk to your provider about exercising.
6. Lose weight if



you are overweight.

7. Get enough rest.
8. Get support from a mental health counselor, health care team, support group, your church or friends and family. They can give you new ideas. They can also join you in your healthy lifestyle.

Watch Your Salt Intake

You can learn how to limit salt in your diet.

- Look for foods that are labeled “low-sodium”, “sodium-free”, “no salt added” or “unsalted”. Check the total sodium content on food labels.
- Be careful with canned, packaged and frozen foods. Some have lots of salt.

- Don't cook with salt. Don't add salt to what you are eating. Try pepper, garlic, lemon or other spices instead. Some spice blends may have salt or MSG.
- Some foods are naturally high in sodium. Stay away from these:
 - Anchovies
 - Cured meats
 - Bacon
 - Hot dogs
 - Sausage
 - Bologna
 - Ham
 - Salami
 - Nuts

- Olives
 - Pickles
 - Sauerkraut
 - Soy sauce
 - Worcestershire sauce
 - Tomato juice
 - Vegetable juices
 - Cheese
- If you eat out, have your food steamed or grilled. You can also bake, boil and broil food. Avoid adding salt, sauce or cheese.
 - Use oil and vinegar on salads. Or, try lemon juice.
 - Eat fresh fruit or sorbet when having dessert.

How to Read a Food Label

The Nutrition Facts label helps you determine the amount of calories and nutrients in one serving of food. Nutrients include fats, carbohydrates, protein, vitamins and minerals. This information helps you know whether you're eating a healthy, balanced diet.

Nutrition Facts		
Serving Size 1 cup (228g)		
Servings Per Container about 2		
Amount Per Serving		
Calories 250	Calories from Fat 110	
% Daily Value*		
Total Fat 12g		18%
Saturated Fat 3g		15%
<i>Trans</i> Fat 3g		
Cholesterol 30mg		10%
Sodium 470mg		20%
Total Carbohydrate 31g		10%
Dietary Fiber 0g		0%
Sugars 5g		
Proteins 5g		
Vitamin A		4%
Vitamin C		2%
Calcium		20%
Iron		4%
* Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs:		
	Calories:	2,000 2,500
Total Fat	Less than 65g	80g
Saturated Fat	Less than 20g	25g
Cholesterol	Less than 300mg	300mg
Sodium	Less than 2,400mg	2,400mg
Total Carbohydrate	300g	375g
Dietary Fiber	25g	30g

- **Calories** - Watch your calories if you are trying to lose or maintain your weight. You can use the labels to compare products to see which have fewer calories. To find out how many calories you need each day, talk with your provider.
- **Total Fat** - Total fat tells you how much fat is in a food per serving. It includes fats that are good for you such as mono and polyunsaturated fats. It also includes fats that are not so good, like saturated and trans fats. Mono and polyunsaturated fats can help to lower your blood cholesterol and protect your heart. Saturated and trans fat can raise your blood cholesterol. This can increase your risk of heart disease.

- **Sodium** - Sodium (or “salt”) does not affect blood glucose levels. However, many people eat more sodium than they need. Table salt is very high in sodium. There is also hidden salt in many foods like cheese and salad dressings. Canned soups and other packaged foods are also high in salt. Use herbs and spices in your cooking instead of adding salt. Adults should aim for less than 2300 mg per day. If you have high blood pressure, it may be helpful to eat less.
- **Total Carbohydrate** - Carbohydrates can raise your blood sugar. Look at the grams of total carbohydrate, rather than the grams of sugar. Total carbohydrate on the label includes sugar, complex carbohydrate and fiber.

Carbohydrate includes milk and fruits. Some food has no natural or added sugar but has a lot of carbohydrate.

- **Fiber** - Fiber is the part of plant foods that is not digested. Dried beans, like kidney or pinto beans, fruits, vegetables and grains are all good sources of fiber. Try to eat 25-30 grams of fiber per day. This goes for everyone, not just people with diabetes.



- **List of Ingredients** – This list helps you spot things to avoid, like coconut oil or palm oil. The ingredient list is also a good place to look for healthy ingredients like olive or canola oils. Look for whole grains, like whole wheat flour and oats.

When to See Your Provider

See your provider regularly. Take all your medicines with you. Be sure to call if you don't feel well or are having chest pain.



Take your medicines the way your provider tells you. Take them even when you are feeling well. Call your provider if you aren't sure how to take your medicine. Get refills before they run out. Tell your provider if you can't afford to buy your medicines.

Call your provider if:

- You have chest pain.
- You feel short of breath.
- You feel burning or heaviness in your chest, arms or jaw.
- You have new or unexpected symptoms.

Go to the emergency room if you experience crushing chest pain, fainting or rapid heartbeat.

Support

Many people with Hypertension or CHD have other health issues. These can include:

- CHF
- COPD
- Stroke
- Diabetes
- Osteoporosis
- Depression
- Cancer

Coping with these issues can be hard. You may be stressed or become depressed. It's different for every person. People who help take care of others can also be stressed.

It can be hard to keep up with a treatment plan. Some people don't understand what they need to do. Family members may disagree with a treatment plan. There can be financial problems. Sometimes people feel fear or anxiety, even depression. Alcohol and other substance abuse can occur.



Tell your family and friends how you feel. Let them know how they can help you. It's OK to ask for help if you are having any of these problems. Your treatment

team can help you. Talk to your provider or case manager. Joining a support group can help too. The back of this booklet gives names of places where you can get help.

How Can Family or Friends Help?

You may have someone who helps you with your health care. They can:

- Help remind you to take your medicines.
- Help you buy and prepare healthy foods.
- Take a walk with you.
- Go to provider visits with you.

Sometimes it helps when someone else

hears what your health care provider says. You must give permission to your providers and case managers to talk to this person about your care.

Blood Pressure Record

Talk to your provider to set your targets. Write down the date, time and results of your checks. Take your blood pressure about the same time every day.

Date	Time	Result	Time	Result

Resources

National Heart Lung and Blood

(301) 592-8573

Hypertension: <http://www.nhlbi.nih.gov/health/health-topics/topics/hbp/>

CHD: <http://www.nhlbi.nih.gov/health/health-topics/topics/cad/>

American Heart Association

(800) 242-8721

Hypertension: [http://www.heart.org/HEARTORG/Conditions/](http://www.heart.org/HEARTORG/Conditions/HighBloodPressure/High-Blood-Pressure)

[HighBloodPressure/High-Blood-Pressure](http://www.heart.org/HEARTORG/Conditions/HighBloodPressure/High-Blood-Pressure)
[UCM 002020 SubHomePage.jsp](http://www.heart.org/HEARTORG/Conditions/HighBloodPressure/High-Blood-Pressure)

CHD: [http://www.heart.org/HEARTORG/](http://www.heart.org/HEARTORG/Conditions/More/MyHeartandStrokeNews/Coronary-Artery-Disease---The-ABCs-of-CAD)
[Conditions/More/MyHeartandStrokeNews/](http://www.heart.org/HEARTORG/Conditions/More/MyHeartandStrokeNews/Coronary-Artery-Disease---The-ABCs-of-CAD)
[Coronary-Artery-Disease---The-ABCs-of-](http://www.heart.org/HEARTORG/Conditions/More/MyHeartandStrokeNews/Coronary-Artery-Disease---The-ABCs-of-CAD)
[CAD UCM 436416 Article.jsp](http://www.heart.org/HEARTORG/Conditions/More/MyHeartandStrokeNews/Coronary-Artery-Disease---The-ABCs-of-CAD)

**American Academy of Family:
FamilyDoctor.org Patient Education
Site Physicians**

(800) 274-2237

Hypertension: <http://familydoctor.org/familydoctor/en/diseases-conditions/high-blood-pressure.html>

CHD: <http://familydoctor.org/familydoctor/en/diseases-conditions/coronary-artery-disease.html>

Printed in the U.S.A.