



# HEALTHY TODAY

## MANAGING YOUR BLOOD PRESSURE

Checking your blood pressure at home, taking your medications as prescribed, and following up with your health care provider regularly are three key ways you can help maintain a healthy blood pressure!

### Checking Your Blood Pressure at Home

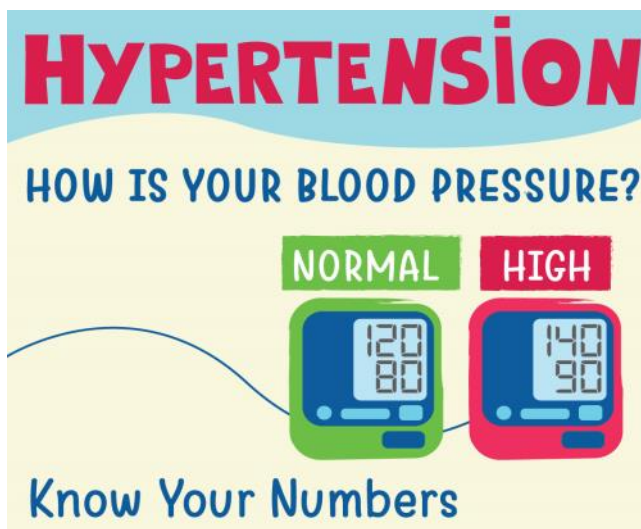
- ⇒ Understand and track your own numbers to reduce your risk of stroke, heart attack, heart failure or kidney failure.
- ⇒ Help you and your doctor or nurse practitioner make decisions about your treatment.
- ⇒ Some health plans will cover a home blood pressure monitor for use between visits. Ask your health care provider for a prescription to be sent to your pharmacy or a Durable Medical Equipment (DME) Supplier near you.

### Taking your Medications

- ⇒ Taking your medications exactly as your health care provider tells you is the best way to manage your blood pressure and reduce your risk of stroke, heart attack, heart failure or kidney failure.

### Timely Follow-Up Appointments

- ⇒ Take additional blood pressure readings.
- ⇒ Help with your self-management of high blood pressure and/or other health concerns



Healthy Today is Community Health Centers of Greater Dayton's informational newsletter on healthy living, created with the goal of helping you and your family stay healthy and thriving every day!

To read more Healthy Today articles, please visit the archives on our website:

[www.communityhealthdayton.org/healthyat80](http://www.communityhealthdayton.org/healthyat80)

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## WHAT CAN I DO TO REDUCE MY RISK OF SKIN CANCER?

Protection from ultraviolet (UV) radiation is important all year round, not just during the summer or at the beach. UV rays from the sun can reach you on cloudy and hazy days, as well as bright and sunny days. UV rays also reflect off of surfaces like water, cement, sand, and snow.

### Easy options for protection from UV radiation:

- Stay in the shade, especially during midday hours.
- Wear clothing that covers your arms and legs.
- Wear a hat with a wide brim to shade your face, head, ears, and neck.
- Wear sunglasses that wrap around and block both UVA and UVB rays.
- Use sunscreen with a sun protection factor (SPF) of 15 or higher, and both UVA and UVB (broad spectrum) protection.
- Avoid indoor tanning.

[https://www.cdc.gov/cancer/skin/basic\\_info/prevention.htm](https://www.cdc.gov/cancer/skin/basic_info/prevention.htm)

# NUTRITION BITES!

## Can Processed Food Be Healthy?



There are a lot of conflicting messages about what processed food is.

Most of the food we eat today has been processed in some way, from salad mix to frozen dinners. Some processed foods have ingredients added, some are fortified to add nutrients, some are prepared for convenience, and some are packaged to last longer or for food safety. Even foods labeled "natural" or "organic" can be processed.

More people are paying attention to processed food.

**74%** of consumers prefer less sodium in processed foods.

Almost **50%** of consumers have tried to eat fewer processed foods.



What do you need to know?



Minimally processed foods have been manipulated (cut, cooked, packaged) in some way.



Some foods are processed with ingredients typically used in cooking, such as salt or sugar.



Highly processed foods are manufactured with ingredients that are not typically used in cooking.

### 1 Choose healthier processed foods.

By one recent estimate **highly processed foods** contribute **50% of the calories & 90% of added sugars** in the American diet.

It's important to:

- Read food labels.
- Look for the **Heart-Check mark** on packaged foods.
- Make healthier choices when eating out.



### 2 Seek healthier alternatives to highly processed foods.



### 3 Watch out for sneaky sodium.

Extensive research has shown that too much sodium is related to high blood pressure, a primary risk factor for heart disease and stroke.

**Shake your sodium habit.** Most of the sodium we eat comes from **PROCESSED, PREPACKAGED, AND RESTAURANT FOODS, NOT THE SALT SHAKER.**



# Delicious & Nutritious

## SPINACH SALAD WITH ORANGE VINAIGRETTE

Nuts add texture to this easy spinach salad recipe with a homemade dressing!

6 oz fresh spinach  
2 medium tomatoes, sliced cross-wise  
1/4 cup crumbled soft goat cheese  
2 Tbsp sliced almonds



2 tsp extra virgin olive oil  
2 green onions, thinly sliced  
1/4 cup orange juice  
2 Tbsp wine vinegar  
1 T brown sugar  
1/8 tsp cracked black pepper

- ⇒ In a large serving bowl, make one layer each, in order, of the spinach, tomatoes, goat cheese, and almonds.
- ⇒ In a small skillet, heat the oil over medium heat, swirling to coat the bottom. Cook the green onions for 1 to 2 minutes, or until almost soft, stirring occasionally. Stir in the remaining dressing ingredients. Simmer for 1 to 2 minutes, or until the brown sugar is dissolved and the mixture is heated through, stirring occasionally. Pour over the salad.
- ⇒ Makes 4 servings. Serving size: 2 cups salad and 2 tablespoons dressing.

<https://recipes.heart.org/en/recipes/spinach-salad-with-orange-vinaigrette>

 **Calories**

105 Per Serving

 **Protein**

4g Per Serving

 **Fiber**

2g Per Serving

### Community Health Centers of Greater Dayton

Give us a call to discuss your health with our caring doctors and nurse practitioners!

#### Our Health Centers

**Appointment Line:**

**937-461-6869**

Hours: Mon-Fri 7:30am-5:30pm

#### Alex Central Health Center

5 South Alexandersville Road Miamisburg, OH 45342 Phone: 937-247-0304

#### Charles Drew Health Center

1323 West Third Street Dayton, OH 45402 Phone: 937-461-4336

#### Corwin Nixon Health Center

2351 Stanley Avenue Dayton, OH 45404 Phone: 937-228-0990

#### East Dayton Health Center

2132 East Third Street Dayton, OH 45403 Phone: 937-528-6850

#### Patterson Park Health Center

1074 Patterson Road Dayton, OH 45420 Phone: 937-258-6330

#### Victor Cassano Health Center

165 South Edwin C. Moses Blvd. Dayton, OH 45402 Phone: 937-972-0303

#### Dental Center

#### East Dayton Dental Center

2132 East Third Street Dayton, OH 45403 Phone and Appointments: 937-528-6830

[www.communityhealthdayton.org](http://www.communityhealthdayton.org)

**Community Health Centers of Greater Dayton—Your Medical Home**