

# Mary's Parish Nurse News Bulletin

Monthly News Update



Greetings from your Parish Nurse, We are sure hearing a lot about the new guidelines for diagnosis of high blood pressure. The new norm is 130/80. As we age, many doctors take age into determining if a person should be treated with medications and other alternatives. There are many factors that your doctor should look at in your health history to determine if medications should be started or changed. Always consult with your doctor on all of these issues.

In the meantime, here are some first steps to controlling High Blood Pressure. Your healthcare provider may recommend lifestyle changes as a first line of defense

**against High blood pressure. Research shows that many people can reduce high blood pressure with adjustments in lifestyle habits. If you're already taking medications for high blood pressure, lifestyle changes may even help you reduce your dose. But never reduce the dosage or stop taking medicines on your own. Talk with your doctor first. Here are the first steps.**

1. Lose weight. Just by reducing your total body weight by 5% can help improve blood pressure levels.
2. Try the DASH diet. While low in sodium, the diet is rich in fruits, vegetables, whole grains, nuts, seeds, and beans, plus low-fat/nonfat dairy foods. These choices provide potassium, calcium, magnesium, protein, and fiber, as well as other nutrients and phytochemicals that work together to help lower blood pressure in just a few weeks.
3. Increase your intake of potassium and magnesium. If you consume too little potassium you will have an increased risk of hypertension and stroke. It is recommended to get at least 4,700 mgs. Of potassium a day, ideally from food. People with kidney problems, type I diabetes, or heart failure need to talk to their doctor before increasing your intake. Magnesium is also beneficial for people with hypertension, and magnesium-rich foods are part of the DASH diet.
4. Limit alcohol consumption. For men, limit yourself to 2 drinks a day and women, 1 drink a day.
5. Quit smoking.
6. Start aerobic exercises. Activities such as walking, swimming, running, and cycling are most effective at lowering blood pressure—probably by helping to keep arteries elastic, even in older people. Aim at being physically active at least 30 minutes a day, five to seven days a week.
7. Add strength exercises. Start some light weight training exercises two to three times per week.

## **Blood Pressure Checks**

**I will be checking blood pressures on December 2<sup>nd</sup> & 3<sup>rd</sup> at St Ignatius & Holy Redeemer and at St. Mary's on December 9<sup>th</sup> & 10<sup>th</sup>.**

**Note the changes.**

## **Visits.**

**If you want a visit from our Priests or myself all you have to do is call the office and leave a message at the office. Father can be reached at his home or through the office. I will offer to check blood pressures in the home while I am here for a visit. I can offer to trim your nails if a person is unable to get to their clinic or to the Senior Center. I can also set up medications. These are just a few of the things that I can offer to do in the home.**

## **My Health Update.**

I had a kidney biopsy two weeks ago and it showed some inflammation in the tissue so they increased my Prednisone over an 8 day period and I am now back on my 5mg dose again. I do have to go back for another biopsy in January. Am not looking forward to that but it is the only way they can keep an eye on the condition of the kidney. I trust them. They know what they are doing. Continue to pray for me so that I will be able to keep the kidney healthy.

## **Giving Tree for Christmas**

We would like to help out folks in the community again this year and extend our efforts to the Beacon (the homeless shelter in Madison that Catholic Charities is helping with).

Our tree will be placed again in the Narthex with tags on it the first weekend in December. We will again be asking for underwear, socks, hats and mittens for all ages to be given to the Community Clothes Closet and additional tags will be for items that the Beacon can use. I will be asking folks to return their gifts by December 18<sup>th</sup> as I will be going to Las Vegas to be with my son for Christmas this year.

## **Food For Thought**

**Lord—I need to remember that You are with me wherever I am lonely, whenever I am distressed. Help me to accept your loving care. Amen**

**-If you don't say anything, you won't be called upon to repeat it.**

**Forgive me Lord, when I have hurt others. Teach me how to extend Your gracious love and to be less critical. Amen.**

**-Sermons would be better if we'd listen as a Christian rather than as a critic. —**

**Dear God—help me to listen with patience and understanding to those who come to me for support. Help me to resist giving advice or repeat what is told to me in confidence. Amen.**

**Lord—help me to live just one day at a time and not be anxious about tomorrow. I know I need to make the best of each day as it comes and not look back at what might have been. Amen.**

**-Nothing is more difficult than trying to find something wrong with yourself.**

**Lord—help me make the most of today. When I use each day for Your glory and do Your will, I know You are pleased. Amen.**

**- A friend is someone who will listen to your problems until you are bored with them.**

**I want to wish each and everyone a Very Merry Christmas and a Happy New Year! May you be able to spend time with family. Keep Christ in Christmas.**

I will be spending time with my son in Las Vegas over Christmas. Pray that we will have a safe flight.