

RESPONSIVE Review

**RESPONSIVE
HOME HEALTH**
"RESPONDING WITH CARE SINCE 1994"

Volume 2 • Issue 11

July—September 2011

4 Ways To Lower Your High Blood Pressure

Employee Anniversaries

Murette B.	7/01/2010
Marie C.	7/01/2010
Islande G.	7/01/2010
Ruth G.	7/01/2010
Marie L.	7/01/2010
Vidya J.	7/02/2010
Sherial W.	7/05/2010
Gersel J.	7/10/2010
Talia D.	7/12/2006
Laurie D.	7/21/1994
Gloria S.	7/22/2002
Sonia D.	7/23/2010
Carlene B.	7/24/2009
Elna B.	7/30/2010
Marinette J.B.	7/31/2006
Gloria M.	8/20/1999
Annette D.	8/28/2009
Rita J.	9/01/2009
Brenda D.	9/02/2009
Claudette D.	9/12/2007
Linda U.	9/15/2008
Youseline P.	9/15/2007
Angela R.G.	9/17/2010
Regina H.	9/18/2009
Marta G.	9/27/2010
Senorina P.	9/29/2008

High blood pressure is one of the most dangerous and yet controllable diseases in the United States today. If untreated, it can lead to kidney failure, heart attack or heart failure, stroke, and other life threatening diseases.

Even though high blood pressure normally has no symptoms, it is not that hard to test for. If you have normal doctor's visits, he or his nurse can test it in just a few minutes. Today, with all of the high profile press attention given to hypertension, there's no reason that any sensible person should not be aware of and monitor his or her own blood pressure readings. Hypertension prevention is more important because once you develop it, chances are you will have it for the rest of your life.

But assuming that you do have hypertension or are merely at risk for it, what are some things that you can do to help lower it? Although heredity can and does play a role in a person's susceptibility to high blood pressure, hypertension is mainly a lifestyle disease. So, to decrease your chance of getting it or to lessen the damage that it is currently wrecking on your body, you have to change your lifestyle habits which you can do in 4 easy ways.

- Move your body. Exercise has been proven in many studies to help the cardiovascular system and improve the conditions of the arteries. It strengthens your heart and helps to keep the blood vessels clear of debris. Exercise also helps to maintain a healthy body weight which is a key to keeping your blood pressure under control.
- Reduce the salt in your diet. Although many Americans seem to believe that salt is one of the four main food groups, along with sugar, fat, and alcohol—it is not! The four food groups are whole grain foods, vegetables, fruits, and beans. Salt is no where in this group. Salt is an acquire taste and with discipline can be un-acquired. Yes, the body needs salt, but it can get all the salt it needs from simply eating healthy foods. Stick as much as you can to the real food groups and you'll help to keep your blood pressure normal.
- Stop smoking. Never mind that smoking is indelibly linked to lung and other cancers. It is also a prime risk factor in the development of hypertension. Smoking causes the arteries to narrow making it more difficult for the heart to pump blood to the organs that need it. The only thing that smoking is good for is.....well nothing.
- Reduce alcohol use. In people drinking more than two drinks a day, clinical trials have shown an increase in blood pressure. Yes alcohol can be fun and it can relax you, sometimes to much. Studies have even shown that some alcohol (especially red wines) can be healthy for you in moderation. But moderation does not mean until you feel moderately high. It means one or two drinks a day.

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For more helpful tips log on to our website at www.ResponsiveHomeHealth.com

Employee of the Quarter



Adieula S. is a very caring and loving person and she always puts her clients needs first. Responsive received a very nice compliment about Adieula from one of her clients daughter. The daughter said she is extremely pleased with Adieula and the way she cares for her mother. This is a very difficult case because the client needs total care. The daughter said Adieula always has the house very clean and her mother is very well groomed. Thank you Adieula for always taking pride in your work and making sure your clients are very well taken care of. Responsive appreciates an employee like you.

RESPONSIVE HOME HEALTH

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Employee Birthdays

Preparing For Hurricane Season

What is a Hurricane Watch? Hurricane conditions are possible within 36 hours.

What is a Hurricane Warning? Hurricane conditions are expected within 24 hours.

Here are tips on how to plan for an emergency in hurricane season:

- Stock Medications - (2 week supply)
- Stock Supplies and First Aid Kits
- Don't Forget Your Pets
- Protect Important Papers
- Water/Food Supply (2 week supply)
- Secure Home
- Notify Others of Plans
- Charge Phones
- Get Cash
- Get Gas

Here is the Basic Hurricane Checklist:

First Aid Kit and Medical Supplies:

- Sterile Bandages and Pads
- Adhesive Tape
- Antibacterial Wipes
- Glasses, hearing aids

Supply Kit:

- Personal Hygiene
- Flashlight/Batteries
- Portable Radio

Remember to check in with Responsive after the hurricane has passed.

Sign up for our E NEWSLETTER

Ivanna H.	July 04
Dorothy F.	July 06
Clarissa S.	July 09
Christlene E.	July 11
Murette B.	July 12
Sonia D.	July 12
Pauline H.	July 16
Islande G.	July 29
Suzette L.	July 30
Islande T.	Aug.06
Youseline P.	Aug. 08
Hermithe C.	Aug. 17
Kemesha G.A.	Aug. 18
Helena C.	Aug. 22
Valentina L.	Aug. 22
Sally Z.	Aug. 30
Brenda D.	Sep. 02
Olive W.	Sep. 03
Carol M.	Sep. 07
Dieulange M.	Sep. 08
Deborah D.	Sep. 10
Marta G.	Sep. 10
Regina H.	Sep. 17
Linda U.	Sep. 17
Roda M.	Sep. 19
Hesper M.	Sep. 21
Barbara D.	Sep. 22
Mavis C.	Sep. 23
Debbie S.	Sep. 24
Jessica D.H.	Sep. 25