

PRESSURE POINTS



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HIGH BLOOD PRESSURE NEWS YOU CAN USE

Keeping Tabs on Your Health: One App at a Time

Did you know that if you have a smart phone you can monitor your diet, weight, blood sugar and more using a health application (app)? Gone are the days of keeping paper logs of blood pressure or blood sugar. Now you can keep all this information at your fingertips on your phone.

And thanks to a new tool available at UMass Memorial Health Care, patients of our Diabetes Center of Excellence can monitor their blood sugar at home. MyCareTeam, an online diabetes management system, allows you to better manage your blood sugar levels. Features include:

- Collaboration between patient and physician to monitor glucose levels across the Internet.
- Uploading of Glucose data to MCT in the clinic by support staff, or by the patient at home.
- Ability to see uploaded data available in your patient chart in Allscripts via logbook and graphical formats.

If you're looking for a general health app to keep your heart health on track, read on to learn more about the different types available. Remember, these apps don't replace the advice of your doctor but help you keep better track of things like blood pressure and weight. This allows you to be more in control of your overall health. In addition, many of these apps make it easier to share your health information with your doctor.

Questions for Your Health Care Team

- How many calories should I consume daily?
- How much should I exercise daily?



Blood Pressure Monitor – Family Lite

This app allows you to record blood pressure, weight and heart rate. Graphs and charts show averages and trends over previous days, weeks and months. Price: Free.



Blood Pressure Watch

With BP Watch you can record, track, update and delete blood pressure values. It also captures the time of the blood pressure. Price: Free



Health Tracker PRO

This app enables you to track blood sugar, blood pressure (including systolic and diastolic), resting heart rate, and body mass index. The Health Tracker PRO app also features color-coded values and indicators, and graphs, and allows you to email the records to yourself or doctor. Price: \$3.99



Fooducate

If you've ever stood in the grocery store for hours comparing products, Fooducate just made that process a whole lot easier and more fun. You can scan a product's barcode, search for products, or browse by category. Price: Free



CalorieKing Calorie Counter

The CalorieKing app allows you to compare the calories, carbs and fat content of more than 70,000 foods and 260 fast food chains and restaurants. Tap on a food for more detailed information including protein, fiber, saturated fat, trans fat, cholesterol and sodium. Price: Free



Lose It!

With this app you can set daily goals and calorie budgets. Features include a comprehensive food and activity database to keep food and exercise logs, track individual nutrients such as carbohydrate, protein or fat, and email or print reports directly from your phone. Price: Free



DailyBurn

The DailyBurn is designed to help you get in shape by finding a workout routine that's right for your fitness level and providing interaction with certified trainers. In addition, you can manage your diet through an extensive food database of detailed nutrition information. Bonus: It can be synched to the DailyBurn website program. Price: Free

Make Family Time Active Time

You might think keeping children moderately physically active for 60 minutes each day is a lot of time. But you can easily work that exercise goal into your day by making physical activity a family project. Encourage everyone to think of fun things to do to get up and moving. Get off the sofas and away from the TV and computer screens while spending quality family time together. There are hundreds of ways to do this, for example:



- Bike to the library together
- Walk or bike to your children's sports events to cheer for them
- Have your children come to your sports events and cheer for you
- Celebrate special occasions—birthdays, anniversaries—with something active, such as a hike, a volleyball game or a Frisbee™ match
- Train together for a charity walk or run

Keep a family activity log

Encourage everyone in the family to take part and keep up the good work by posting a physical activity log on the refrigerator.

Recipes for Heart Health: *Grilled Vegetable Napoleon*

Courtesy of the American Diabetes Association

This recipe uses non-fat plain Greek yogurt to stretch the goat cheese. This also works for cream cheese! You still get the great flavor and texture of the cheese without all of the extra fat.

Serves 4

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| 1 tablespoon Olive Oil | ¼ cup goat cheese, softened |
| 2 tablespoon Balsamic Vinegar | 1 cup nonfat, plain Greek yogurt |
| ¼ teaspoon ground black pepper | 1 clove garlic, minced or grated |
| 1 medium zucchini, sliced lengthwise into 4 slices | 1 tablespoon minced fresh oregano |
| 1 medium yellow squash, sliced lengthwise into 4 slices | ¼ teaspoon ground black pepper |
| 1 orange bell pepper, sliced into 4 slices | ¼ cup chopped fresh basil |
| 1 small eggplant, sliced lengthwise into 4 slices | |



Preheat an indoor or outdoor grill. In a large bowl, whisk together olive oil, balsamic vinegar and ground black pepper. Add sliced zucchini, squash, bell pepper and eggplant to marinade and let sit for 5 minutes. Grill the vegetables about 2-3 minutes on both sides. Once grilled, cut the zucchini, eggplant and squash in half width-wise so that you have 8 pieces of each and set aside to cool. In a medium bowl, whisk together goat cheese, yogurt, garlic, oregano and ground black pepper.

Lay 1 piece of eggplant on a plate, top with 1 heaping tablespoon of cheese mixture, top that with two slices of zucchini, then top with another heaping tablespoon of cheese mixture. Top that with 1 slice of bell pepper then another heaping tablespoon of cheese mixture. Top that with two slices of yellow squash, then another heaping tablespoon of cheese mixture and then the other slice of eggplant. Sprinkle with 1 tablespoon chopped fresh basil. Repeat process for three more Napoleons.

Nutritional information:

Per serving 175 calories, 7g fat, 2.8g saturated fat, 90mg potassium, 19g carbohydrates, 12g protein, 90mg sodium.

Center for the Advancement of Primary Care



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