

Understanding Hypertension

Hypertension, or high blood pressure, means that either your systolic or “top” number is consistently over 140, or that your diastolic or “bottom” number is consistently over 90. The systolic pressure is a measure of the pressure in your blood vessels when the heart beats, while the diastolic pressure is a measure of the pressure in your vessels when the heart is at rest. These pressures are expressed as millimeters of mercury (mmHg). Hypertension may be classified as **essential**, meaning that the cause is unknown, or **secondary**, meaning that it is a result of another medical condition or medication side effect. Hypertension may also be classified as **Stage 1** or **Stage 2**, which guides physicians in selecting medications to treat this condition.

Prehypertension means that your systolic pressure is between 120 and 139 or your diastolic pressure is between 80 and 89. Those with prehypertension are likely to develop hypertension at some point, and physicians generally recommend lifestyle changes (diet and exercise) to help lower the blood pressure at this stage.

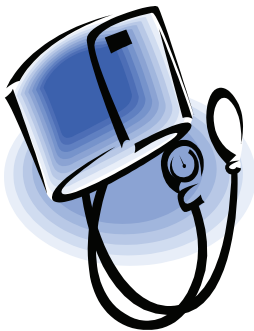
Controlling your blood pressure can reduce your risk of stroke, heart attack and heart failure.

If you have hypertension:

- √ See your physician regularly
- √ Take your medication(s) every day, even if you feel well (hypertension often has no symptoms)

Advice for everyone:

- √ Maintain a healthy weight. Weight loss of 4.5 pounds can result in a 5-20 mmHg drop in systolic pressure
- √ Adopt a healthy diet (eg, vegetables, fruits, whole grains, fat-free or low fat dairy products)
- √ Decrease sodium intake to 2.4 grams per day. Read food labels carefully, and remember to look at the serving sizes.
- √ Exercise at least 30 minutes per day, most days of the week. Remember to clear any exercise program with your physician.
- √ Limit alcohol consumption to 2 drinks per day for men, and 1 drink per day in women or lighter weight people.
- √ Quit smoking
- √ Get your blood pressure checked at least annually



Classification of Hypertension*

Blood Pressure Type	Systolic Pressure (mmHg)	Diastolic Pressure (mmHg)
Normal	< 120	And < 80
Prehypertension	120 – 139	Or 80 – 89
Stage 1 Hypertension	140 – 159	Or 90 – 99
Stage 2 Hypertension	≥ 160	Or ≥ 100

*Adapted from: National High Blood Pressure Education Program. The seventh report of the Joint National Committee on Prevention, Detection, Evaluation, and Treatment of High Blood Pressure. *Hypertension*. 2003 Dec;42(6):1206-52.



Stop Smoking

According to the US Surgeon General, smoking cessation is the single most important step that smokers can take to enhance the length and quality of their lives. **It is not easy to quit smoking**, but it can be done. Ask your pharmacist or physician about smoking cessation programs in your area today!

Benefits of Smoking Cessation

In 20 minutes, your heart rate drops

In 12 hours, the carbon monoxide

level in your blood drops to normal

In 2 weeks to 3 months, your circulation and lung function improve

In 1 to 9 months, coughing and shortness of breath decrease

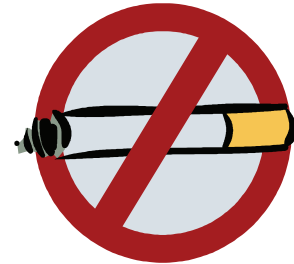
In 1 year, your risk of heart disease is half that of a smoker's

In 5 years, your stroke risk is decreased to that of a nonsmoker

In 10 years, your risk of dying

from lung cancer is half that of those who continue to smoke

In 15 years, your risk of coronary heart disease is that of a non-smoker's



For more information on smoking cessation:

American Cancer Society

1-800-ACS-2345

www.cancer.org

American Heart Association

1-800-AHA-USA1

www.amhrt.org

American Lung Association

1-800-LUNG-USA

www.lungusa.org

Know your Cholesterol Numbers

Cholesterol is a soft, waxy fat particle that circulates in the bloodstream. Cholesterol is both produced by the liver, and present in many of the foods we eat. The body needs a certain amount of cholesterol to maintain cell membranes, produce bile (a substance that helps the body digest fats), and produce hormones and other essential substances. When cho-

lesterol levels are too high, it can deposit in the blood vessels, leading to atherosclerosis (hardening of the arteries), which can cause heart attack, stroke, and other circulation problems.

Your total cholesterol number includes an LDL (low density lipoprotein) level, HDL (high density lipoprotein or "good" cholesterol level and a triglyceride level. Each of these cholesterol components is important to your doctor in determining your risk for heart

disease and need for treatment.

What are your cholesterol numbers? All adults age 20 years or older should have their cholesterol checked at least once every 5 years. Talk to your physician about your personal cholesterol goals. The following table lists cholesterol goals for most healthy people, unless other risk factors are present:

Cholesterol Type	Goal
Total cholesterol	< 200 mg/dL
LDL	< 100 (optimal), 100 – 129 (near optimal)
HDL	40 – 50mg/dL (Men), 50 – 60mg/dL (Women)
Triglycerides	< 150 mg/dL

Low cholesterol foods

Chicken or turkey, skin removed, roasted or baked

Fruits and vegetables

Whole grains, beans, pasta, breads, potatoes, hot or cold cereals

Vegetable oils (olive, corn, canola)

Baked or broiled fish, shrimp and shellfish

Skim milk, low saturated fat or nonfat yogurt and cheeses

Angel food cake, gingersnaps, hard candy, popsicles

It's Flu Season!



The influenza virus can cause serious illness, especially in those aged 65 years and older, children under 2 years of age, or those of any age that have medical conditions that put them at risk for complications. The best way to prevent the flu is **vaccination**. Those at high risk for complications from the flu should get the injectable form of the flu vaccine.

Who should get a flu shot?

- ✓ Healthy people aged 50 years and older

- ✓ People in nursing homes or other long-term care facilities
- ✓ Adults and children with chronic heart or lung problems
- ✓ Adults and children with diabetes, kidney problems, blood disorders or decreased immune function
- ✓ Children and teens aged 6 months to 18 years who are on long-term aspirin treatment at risk for developing Reye syndrome after infection with the flu virus
- ✓ Women who will be pregnant during the flu season
- ✓ Children aged 6 to 59 months, and their household contacts and out-of-home caregivers
- ✓ Healthcare workers who may transmit the flu to their patients
- ✓ Household contacts of those at high risk

Who should NOT get a flu shot?

- ✓ People with an allergy to eggs or other vaccine ingredients
- ✓ Those with a moderate to severe illness with fever should not be vaccinated until they feel better

Who should get the nasal flu vaccine?

- ✓ Healthy, nonpregnant people aged 5 to 49 years

Who should NOT get the nasal flu vaccine?

- ✓ Those at high risk, who qualify for the injectable vaccine
- ✓ People with an allergy to eggs or other vaccine ingredients
- ✓ Those with a history of Guillain Barre Syndrome

Adapted from: CDC. Prevention and control of influenza. Recommendations of the Advisory Committee on Immunization Practices (ACIP). MMWR 2006;55:1-42.

RECIPE CORNER

VERY LEMONY CHICKEN

Using skinless chicken breasts means this tangy dish is lower in saturated fat and cholesterol.

1-1/2 lb	chicken breast, skinned and fat removed
1/2 C	fresh lemon juice
2 Tbsp	white wine vinegar
1/2 C	fresh sliced lemon peel
3 tsp	chopped fresh oregano or 1 tsp dried oregano, crushed
1 medium	onion, sliced
1/4 tsp	salt
to taste	black pepper
1/2 tsp	paprika

Place chicken in 13x9x2-inch glass baking dish. Mix lemon juice, vinegar, lemon peel, oregano, and onions. Pour over chicken, cover and marinate in refrigerator several hours or overnight, turning occasionally. Sprinkle with salt, pepper, and paprika. Cover and bake at 325° F for 30 minutes. Uncover and bake 30 minutes more or until done.

Yield: 4 servings--Serving Size: One chicken breast with sauce

Each serving provides:

Calories: 154

Total fat: 5 g

Saturated fat: 2 g

Cholesterol: 63 mg

Sodium: 202 mg



Adapted from: <http://www.nhlbi.nih.gov/health/public/heart/other/syah/vlemchic.htm>

Clinical Services Division

333 Rouser Road
Building #4 Suite 503
Moon Township, PA
15108

Member Address Label Here

ABOUT RITE AID HEALTH SOLUTIONS

We at Rite Aid Health Solutions are more than just a pharmacy benefits manager. We are committed to improving the health of our members. Our clinical team utilizes the most current information to develop programs tailored to your needs. Some of the services we are able to provide include:

- ✓ Quarterly wellness updates
- ✓ Education about your medical conditions
- ✓ Targeted medication profile reviews to ensure you are taking the right drug for the right length of time, based on current medical treatment guidelines

? Questions about your pharmacy

benefits? Please contact us at

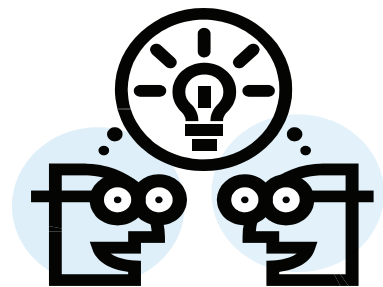
1-866-828-5966

for assistance

or

visit our website:

www.riteaidhealthsolutions.com



Did you know that Rite Aid Health Solutions provides you with the convenience of getting a 90 day supply of maintenance medications at your local pharmacy?

Ask your pharmacist about RiteFill 90 today!