

How to manage your blood pressure, reduce cholesterol & stay healthy.

Get regular check-ups

Eat more vegetables, fruit & whole grain foods

Monitor portions of foods (use hand portion guide)

Learn about foods containing high amounts of cholesterol & reduce intake.

Manage stress, talk to a friend and **go for help early**

Stay smoke free / stop smoking

Drink Alcohol in moderation

Move more and stay active

How to reduce the risk of Diabetes

All of the above and...

Reduce drinking high sugar drinks & energy drinks, cakes biscuits & lollies

Take more exercise

Health Checks

Healthy Eating

<https://www.heartfoundation.org.nz/wellbeing/healthy-eating>

Healthy Living

<https://www.healthnavigator.org.nz/healthy-living/>

Hand portion Guide

<https://www.heartfoundation.org.nz/wellbeing/healthy-eating/portion-sizes>

Quit Smoking

<https://www.heartfoundation.org.nz/wellbeing/managing-risk/stop-smoking>

Mental Health App - John Kirwan

<https://www.mentemia.com/nz/home>

Anxiety and Depression test

<https://depression.org.nz/is-it-depression-anxiety/self-test/>

References as above and

Image arteries

<https://www.google.com/imgres>



Nursing Students 2021

Health Checks



“Check your beat”

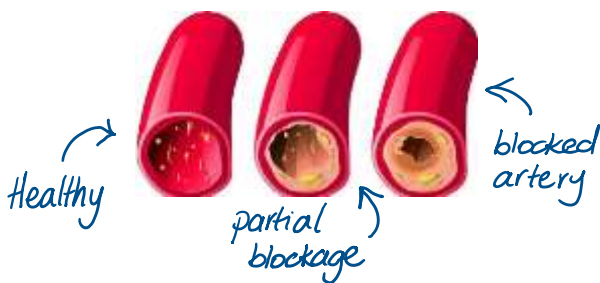
Regular Health Screening

Regular health screening of Blood pressure, BMI, Waist measurement and lifestyle habits, including what you eat, can mean risks can be “picked up early” and you can choose changes to your habits.

What is Blood Pressure (BP)

Simply BP is linked to the pressure on the artery walls, (blood vessels) from blood being pumped around the body.

When the blood vessels are narrow (from deposits of cholesterol), the pressure is higher and the heart has to work much harder. This can lead to strokes and heart attacks.



Cholesterol (fat)

Cholesterol is in foods we eat. Our body needs some cholesterol but too much fat in what we eat leads to a build up in our blood vessels.

Body Mass Index (BMI) and Waist measurement

↑ BMI & ↑ waist measurement are proving to be indicators of how much fat is stored in the body, especially around the body organs such as the heart. Both are signals of increasing risk for heart attack and stroke.

Today your screening tests are:

Blood Pressure=

Waist measurement =

Can you see your toes looking down?

Do you loosen your belt? YES / NO

$BMI = \frac{wgt (kg)}{hgt (m)^2} =$

Vision =

Blood Glucose =

Risk factors for ↑BP, strokes & heart attacks

The more risk factors = greater risk

- High BMI (overweight >25, obese >30)
- Waist measurement (≥ 102 cms males / 88cms females)
- Eating foods high in fats.
- Smoking
- Drinking too much alcohol
- Not doing much exercise
- Lots of stress
- Sleep apnoea (irregular breathing when sleeping)
- Having High BP or Having diabetes
- Ageing (BP increases as we age)
- Family history of heart attacks, strokes
- Family history of diabetes

Many of these risk factors can be decreased through lifestyle changes.

Diabetes

Insulin helps glucose from food to enter the cells of the body to give energy and to keep the level of glucose in our blood stream at a safe level.

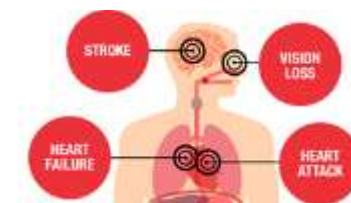
When the pancreas does not produce enough insulin, as in diabetes, there is damage to the arteries and every organ of the body.

This damage increases the risk of heart attacks and strokes.

Risks for getting diabetes

Being over-weight, drinking sugary drinks & energy drinks, cakes and lollies; having a parent or sibling with diabetes, being over 40 & being inactive.

These are life-style choices you can choose to change



Self-check: Take a moment

	Yes	No	Maybe
Should I go to the Dr to have a cholesterol check?			
Should I do something about my level of stress?			
Is my level of anxiety stopping me enjoying life?			
Do I drink too much alcohol?			
I will make some lifestyle changes			