




## June 2018

SWOSU Bulldog Wellness Committee

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# SWOSU

## Bulldog Wellness

June 2018



### Signs of Hypertension

By Dr. Chris

Heart attacks and strokes are the leading causes of death in the United States and high blood pressure is one of the main factors that contributes to these conditions. With 1 in 3 American adults suffering with hypertension (high blood pressure), it is understandable why this condition is a major public health concern. It is estimated that as many as 20% of adults with hypertension do not even know that they have an elevated blood pressure.

Hypertension is often labeled as the silent killer because there are usually no signs and symptoms to indicate that the blood pressure is elevated. A person may go for months, years and sometimes even decades without being aware of the high blood pressure. Eventually, the persistent elevation of pressure leads to complications. However, with a greater focus on routine screening, many people discover their hypertension well before complications arise.

Most cases of hypertension are known as primary or essential hypertension. This is where there is an elevation of the blood pressure arises gradually for no known reason. It tends to arise around the age of 45 years. Men are often more prone, but by the age of 60 years both men and women are equally at risk. Secondary hypertension is less common. It is a consequence of some underlying disease and can affect any person of any age.

### Warning Signs and Symptoms

Contrary to popular belief, you will not experience a headache and dizziness or even a nosebleed as is often thought to be the typical symptoms of hypertension. These symptoms may sometimes occur but usually it is only present when the hypertension is severe in what is known as a hypertensive crisis. Remember that the most reliable way to diagnose hypertension is by taking a reading with a blood pressure monitor (sphygmomanometer) and not by assessing the possible symptoms.

Furthermore, these symptoms are not specific for hypertension. Most cases of headaches are due to muscle strain and spasm involving the neck and back. Dizziness can occur for a host of different reasons including low blood glucose levels, anemia, intoxication and lung disease. Similarly, there are more common causes of nosebleeds other than hypertension, such as picking the nose, environmental dryness and infections.

### Who is at risk?

Apart from age, there are several other risk factors that contribute to hypertension. This includes:

- Being overweight or obese
- Family history of hypertension.
- Physically inactive lifestyle.
- Tobacco smoking.
- Excessive alcohol intake.
- High dietary salt intake.
- Low dietary potassium intake.
- Psychological stress.
- Chronic diseases like diabetes and kidney disease.

-<http://www.healthhype.com>

## Tips on Motivation

### 1. Set goals that are appealing to

**you.** Making a change is easier when you value your goal. You'll be more likely to stay the course because you will be doing things you generally enjoy. Living a healthy lifestyle isn't always easy.

But it doesn't have to feel like a chore.



- ### 2. Dig deep to find your inner motivation.
- Ask yourself why you want to get healthier. The first thoughts that come to mind might be superficial but keep digging. You'll eventually come to conclusions that will give you a burning desire to succeed. For example, you might discover: "I want to lose weight, so I can have more energy to play with my kids and set a good example for my family" or "I want to exercise more because my joints feel less achy when I stay active." – Mayo Clinic

1tsp. basil  
10 spears white or green asparagus  
16oz ground turkey  
1 tsp. soy sauce (appx)  
1 tsp. garlic powder (appx)

### Directions

Chop onion and garlic in a coarse manner. Spray pan with nonstick spray. Add 1 tsp. olive oil to pan and heat slowly on low heat. Add onions and garlic and sauté on medium high heat stirring frequently. After onions and garlic are cooking well add basil sprinkling it evenly among the onions and garlic. Chop asparagus into short pieces probably about less than one-inch pieces. Sauté until asparagus is slightly cooked. Add ground turkey and blend with vegetables. Cook for at least ten minutes stirring occasionally on medium high heat. Brown turkey to thoroughly cook it while mixing it about with the vegetables. As turkey is browning add soy sauce and garlic powder. When done, divide into four portions and serve warm. Enjoy!

[-https://recipes.sparkpeople.com/recipe-detail.asp?recipe=2071042](https://recipes.sparkpeople.com/recipe-detail.asp?recipe=2071042)



### Walking Club

The SWOSU Walking Club is meeting every MWF, 12:10 pm, at the Wellness Center. Fit exercising into your workday with a 30-40-minute walk and

receive the benefits of social support, stress relief, and renewed energy.

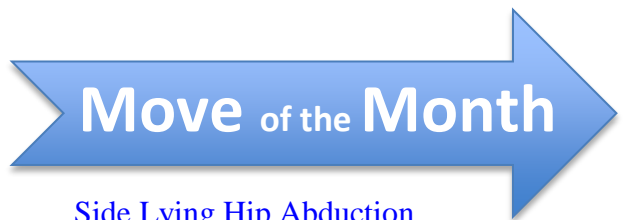


### SWOSU Pool Hours

Monday-Friday 6 a.m. - 8 a.m.,  
12p.m. - 2 p.m., 5p.m. – 7 p.m.  
Tuesday 5 p.m. -7p.m. (closed)

### Water Aerobics

Mondays, Tuesdays, & Wednesdays 6-7 p.m.



### Side Lying Hip Abduction



### Classes Offered on Campus



### Ground Turkey and Asparagus Stir Fry

#### Ingredients

light nonstick cooking spray for pan  
1 tsp. olive oil  
1 medium onion coarsely chopped  
2 large garlic cloves coarsely chopped