



# HEALTH CAPSULE | No.53 | 2017

## What is blood pressure?

Our heart pumps blood. Blood pressure is the force of blood against our blood vessels as it circulates. This force is necessary to make the blood flow, delivering nutrients and oxygen throughout our body.

## What is high blood pressure?

High blood pressure, also called hypertension, means there is too much pressure in your blood vessels. This can damage your blood vessels and cause health problems. Anyone can develop high blood pressure, but it becomes more common as you get older.

## How to prevent high blood pressure?

In most cases blood pressure can be prevented and controlled by making these lifestyle changes:

- ✓ Get regular physical activity
- ✓ Eat a healthy diet
- ✓ Lose weight or maintain a healthy weight
- ✓ Avoid excess of alcohol consumption
- ✓ Stop smoking and avoid second hand smoke
- ✓ Lower stress
- ✓ Eat less sodium

## For a healthy, low sodium (salt) diet, go for the following options:

- ✓ More fresh fruits and vegetables
- ✓ Low fat milk products
- ✓ Whole grains
- ✓ Cured smoked meats, chicken or fish
- ✓ Use herbs and spices to flavour food – cut down on salt at the table and in cooking

### Good to know!

The % Daily Value tells you whether there is a little or a lot of sodium in a food item.

**Choose % Daily Value of 5% or less of sodium**

**Try not to choose % Daily Value of 15% or higher**





## Giving blood is important

### What is blood?

Blood is a liquid tissue pumped through the body by the heart through thousands of kilometres of blood vessels. It delivers oxygen, minerals, hormones, nutrients and other vital materials to the organs and helps clear the body of waste.

### An hour of your time could change someone's life

It takes about an hour to make a whole blood donation — from the moment you walk through the clinic to the moment one of the volunteers shows you the way out. The blood you give will be used within days to help give someone life. Every donation counts !

### Every blood component has a job to do

Whole blood is made of several components that can be transfused separately or together to treat various conditions:

- **Red blood cells** carry oxygen to tissues and remove carbon dioxide through the lungs.
- **White blood cells** protect the body from infection. However, they can also carry viruses and bacteria— which is why they are removed from donated blood.
- **Platelets** provide the basis for clotting, which helps control bleeding.
- **Plasma** is a liquid containing proteins that help fight infection and assist clotting. Plasma distributes nutrients to tissues and transports waste products to the lungs, liver and kidneys.

### Do you know your blood type?

Everyone has a type, and you belong to one of four: O, A, B and AB. An additional factor — the 'Rh factor' — determines whether your type is positive or negative. When you donate, we test your blood to identify exactly which type you belong to. This is important because blood type not only affects who can receive your donated blood, but also which types you could receive.

The table on the right shows you what blood type you can give to and can receive from.

Compatibility of Blood Types

	Donor							
	O-	O+	B-	B+	A-	A+	AB-	AB+
AB+								
AB-								
A+								
A-								
B+								
B-								
O+								
O-								

Source : blood.ca