

A little **DASH** will do you.



The American Heart Association estimates that more than 81,100,000 people in the United States have at least one form of cardiovascular disease —and this number is still on the rise. It's time to take control of your health. Your first step? Put a little DASH in your life with Spirit of Women!

DASH, or *Dietary Approaches to Stop Hypertension*, is a healthy lifestyle plan developed by the National Institutes of Health (NIH) to aid in lowering blood pressure and cholesterol levels without the need for medication. This invigorating program focuses on reaching and maintaining a healthy weight by:

- **Reducing sodium**
- **Regular exercise**
- **Smoking cessation**
- **Moderation of alcohol**

Spirit of
Women

A Little DASH Will Do You is powered by Spirit of Women®, a national network of hospitals and healthcare providers across the United States that ascribe to the highest standards of excellence in women's health, education, and community outreach.

 **St. Luke's
HOSPITAL**
Our specialty is you.

HEALTH IS ACTION®

Sprinkle a little DASH into your daily routine and fight against high blood pressure. Partner with your local Spirit of Women hospital to take back your health by choosing to make the necessary lifestyle changes today for a healthier tomorrow!

High blood pressure, which often leads to various forms of cardiovascular disease, has become a national epidemic. The culprit? Sodium. “There is now overwhelming evidence that we must treat sodium reduction as a critical public health priority, much as we did when we discovered the harms of trans fats,” explains Walter Willett, MD, DrPH, chairman of the department of nutrition, Harvard School of Public Health, and a member of the Institute of Medicine of the National Academy of Sciences.

So, what’s the recommended daily sodium intake? The National Heart, Lung and Blood Institute (NHLBI) advises less than 2.4 grams (2,400 mg), or 1 teaspoon, of table salt a day. Speak to your Spirit of Women physician today for individual advice on your recommended sodium intake.

ST. LUKE’S RESOURCE

St. Luke’s Nutrition Wellness Center offers outpatient nutritional counseling. Registered dietitians provide information and personalized nutrition plans. For more information, or to schedule an appointment, please call 314-205-6483 or visit stlukes-stl.com.

HIGH BLOOD PRESSURE = INCREASED RISK!

High blood pressure not only increases the risk of cardiovascular disease, but is especially dangerous because there are no obvious symptoms. Stress, high sodium intake and pre-existing medical conditions all play a role in high blood pressure. While the condition cannot be cured, high blood pressure can be prevented.

Are you at risk? Here are your next steps:

- Visit your Spirit of Women hospital. Your physician will discuss your individual health needs and help pave the way to good health.
- Get active! Make time with friends and family both healthy and fun.
- Put a little DASH in it. Incorporate this plan into your daily diet and stop high blood pressure dead in its tracks.

A SAMPLE OF THE DASH DIET PLAN:

Type of food	Number of servings for 1600 - 3100 calorie diets	Servings on a 2000 calorie diet
Grains and grain products (include at least 3 whole grain foods each day)	6 - 12	7 - 8
Fruits	4 - 6	4 - 5
Vegetables	4 - 6	4 - 5
Low-fat or non-fat dairy foods	2 - 4	2 - 3
Lean meats, fish, and poultry	1.5 - 2.5	2 or less
Nuts, seeds, and legumes	3 - 6 per week	4 - 5 per week
Fats and sweets	2 - 4	limited

Download the comprehensive DASH diet plan at nhlbi.nih.gov/health/public/heart/hbp/dash/new_dash.pdf

SOURCES:

The National Heart, Lung, and Blood Institute
The American Heart Association
The Dietary Guidelines for Americans
DashDiet.org
healthnewsreport.blogspot.com/2010/04/health-threat-posed-by-americans-over.html

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