CAROLINA NEPHROLOGY, PA
Excellence in Kidney Care

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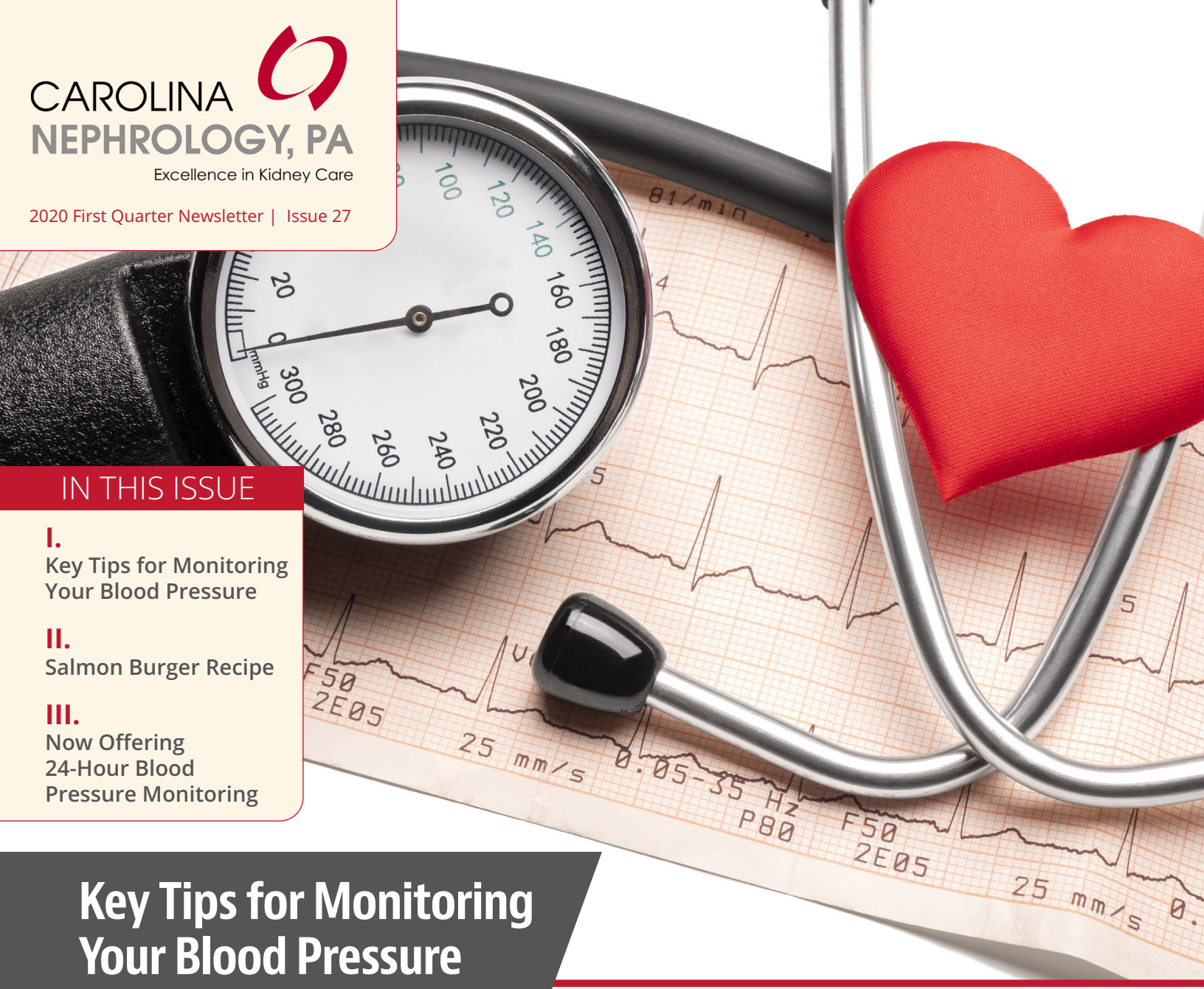

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Key Tips for Monitoring Your Blood Pressure

By Dr. Jasjot Bhullar, MD

As a physician at Carolina Nephrology, blood pressure monitoring is a critical component of managing my patient's overall health and believe it or not, keeping your blood pressure under control takes more than just medications. Below are some helpful, easy tips as it relates to maintaining optimal blood pressure for your use:

Take your medications as prescribed.

Missing medications or changing the timing of a medication may cause you to have periods of time when your blood pressure is not controlled. This elevated pressure can cause damage to your blood vessels, heart, and kidneys. A new study has also revealed that taking blood pressure medications at night may be more beneficial. Discuss this with your doctor.

Pay attention to your blood pressure.

It is critical to monitor your blood pressure at home and whenever a medication dose is changed. During these periods of adjustment, I recommend twice-daily monitoring, morning and evening. Take your blood pressure after 10 - 15 minutes of rest, on an empty stomach, and not after drinking a caffeinated drink or immediately after exercise. When you keep an eye on your blood pressure regularly, you will get to know what parts of your diet, lifestyle, medication regimen, and stress levels affect your blood pressure the most.

Avoid high sodium foods.
Sodium is in just about everything. Keeping your sodium intake below 2300mg/day has been shown to help control blood pressure. With that being said, there is a fine line, and it is not advisable to avoid sodium all together. Staying away from canned foods, pickles, deli meats, and fast foods, and going easy with the salt shaker, are the first steps in accomplishing this goal.

Control your caffeine intake.
Excess caffeine is one of the major reasons why your blood pressure medications may be ineffective. Limit caffeine drinks to two regular sized cups per day. Common caffeinated drinks include coffee, tea, soda and energy drinks. Check your multivitamins as they may also contain caffeine.

Get some sleep!
Having a restful night's sleep is essential for our bodies to restore balance and heal. If you don't feel rested in the morning, fall asleep easily during the day, or need to drink caffeinated beverages to stay alert, it may be a sign that your sleep quality is poor. Talk to your doctor about your sleep habits and quality of rest. Conditions like sleep apnea are likely to raise blood pressure as well.

Eat fresh fruits and vegetables.
These foods are full of important nutrients such as potassium, fiber, and several vitamins. Also, keeping a variety of fruits and vegetables in your daily diet is great for gut health, in addition to maintaining healthy blood pressure levels.

Manage your stress levels.
Take steps to keep yourself from getting and staying stressed out. Learning to manage your sleep, nutrition and exercise are great first steps to help keep your stress levels low. Self-care is essential for good blood pressure and overall health.

Just breathe.
Lastly, and one of the most beneficial things to do, is becoming "aware of your breath". Taking a few deep breaths can induce a 'relaxation response' in the cardiovascular system. Breath is important for the regulation of our autonomic nervous system and also helps improve the quality of sleep and helps in stress management.

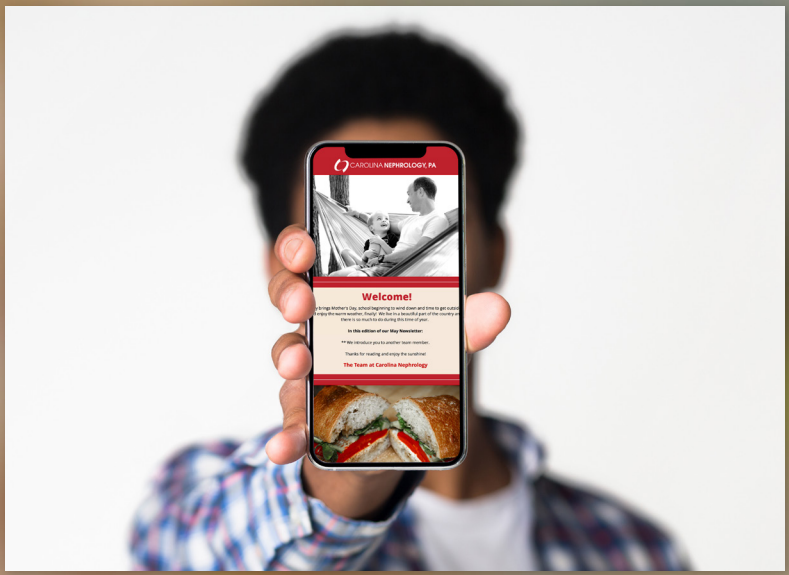
STAFF SPOTLIGHT

Courtney Morgan

Meet our staff spotlight, Courtney Morgan.
Relatively new to Carolina Nephrology, Courtney has been here for two months and works primarily at the Greer office, while floating to Simpsonville and Spartanburg offices. An Upstate native, she graduated from Woodruff High School and took courses at Spartanburg Community College. Courtney truly enjoys all of the staff members and doctors she gets to work with on a daily basis. Outside of work, you can find her spending time with her husband, Travis, and their three beautiful daughters; six year old twins, Kinsley and Madison, and two year old, Hadleigh...she has her hands full! They love spending time outdoors, fishing and exploring, and of course as a girl mom, shopping!

Thanks for all you do, Courtney!

Have you subscribed to our email list yet?



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SALMON BURGER

Ingredients:

- 1 egg
- 1 pound of fresh salmon fillet, skin removed and pulsed in the blender 5-6 times, or 2 cans of low sodium canned salmon (6 ounces/can) drained and rinsed
- 1 teaspoon lemon zest
- 1 teaspoon lemon juice
- 1 tablespoon of Dijon mustard (more if you like it spicy)
- ½ cup of panko breadcrumbs
- 1 tablespoon of capers

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Be sure to use #ChangeYourBuds on social media!

Directions:

1. Preheat oven to 400° degrees
2. Mix all ingredients in a large bowl
3. Separate into 4 patties
4. Coat a baking sheet with non-stick spray
5. Bake at 400° for 10-15 minutes until done.

Nutrition Profile:

Recipe Yields 4 Patties

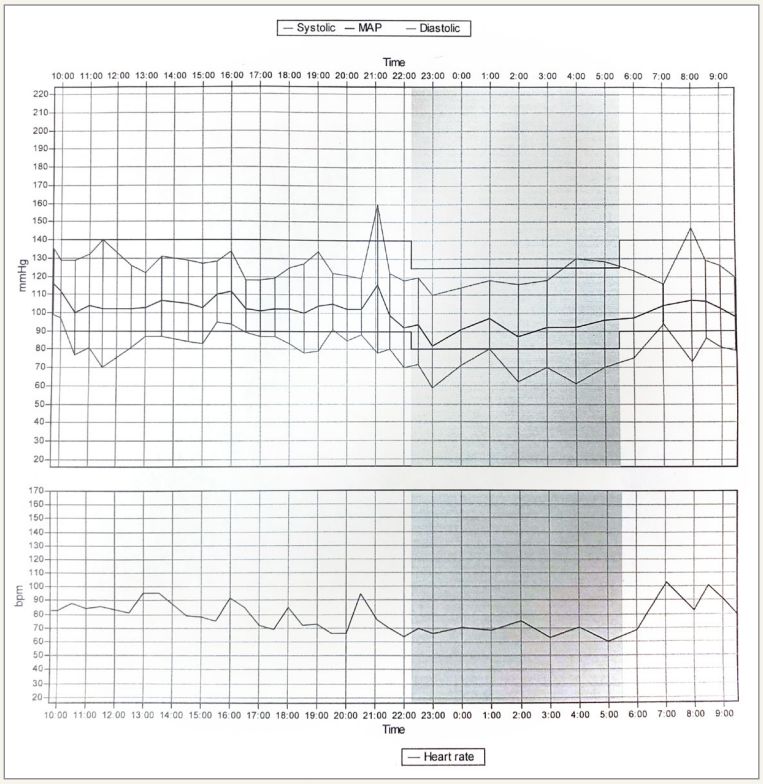
Serving Size: One Burger

Calories (kcal)	221
Protein (g)	28
Carbohydrates (g)	10
Total Dietary Fiber (g)	0
Total Sugars (g)	1
Added Sugar (g)	0
Fat (g)	7
Saturated Fat (g)	1
Cholesterol (mg)	104
Calcium (mg)	18
Magnesium (mg)	36
Phosphorus (mg)	309
Potassium (mg)	428
Sodium (mg)	270

24-Hour Blood Pressure Monitoring

Carolina Nephrology is now offering **24-hour ambulatory blood pressure monitoring** out of our Spartanburg office. If you have white coat hypertension or uncontrolled high blood pressure, you may benefit from this service.

Discuss this with your doctor or nurse practitioner.



Dr. Jasjot Bhullar

Dr. Barry Gorlitsky

Dr. Jasjot Bhullar and Dr. Barry Gorlitsky, our certified hypertension specialists, are ready to help.

Indicated for:

- **Resistant hypertension**
- **White coat hypertension**
- **Orthostatic hypotension**

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