

SPECIAL POINTS OF INTEREST:

- Orthostatic Hypotension
- Tips
- Salsa
- Smoking

INSIDE THIS ISSUE:

- Front Story 1
- Tip of the Month 1
- Recipe 2
- Quote of the Month 2
- Did you know? 2
- Front Story 3 cont.....

## What is Orthostatic Hypotension?

**What is Orthostatic Hypotension?** Orthostatic hypotension is defined as a decrease in blood pressure by more than 20 mmHG systolic (top number) or more than 10 mmHG diastolic (bottom number) when changing from the lying position to the standing position. **How is Orthostatic Hypotension diagnosed?** There are a wide variety of protocols used to diagnosis orthostatic hypotension. Basically, blood pressure and heart rate will be taken usually somewhere between 3-5 minute intervals as a person goes from lying to sitting to standing. **What causes Orthostatic Hypotension?** There are a wide variety of causes. Certain medications are the most



common cause of orthostasis. The most common of these medications are diuretics and drugs that lower blood pressure. There are other drugs that may also have effect as well these may include antidepressants, alcohol, and some prostate medications to name a few. This is not an all inclusive list. Other causes include aging, dehydration, anemia, autonomic failure, Parkinson disease, certain autoimmune disease, spinal or

brain lesions, diabetes, some heart conditions, and kidney disease to name a few. Sometimes, the blood pressure may drop after eating a meal. There are several syndromes and rare disorders that can also cause this phenomenon. However, the most common is usually medication. Further work up may be needed depending on which of these reasons is thought to be the culprit. A wide variety of test could be recommended such as labs, an electrocardiogram, a tilt table test, an echocardiogram, or a stress test.

### What are the symptoms of Orthostatic Hypotension?

Symptoms usually involve a lightheaded or dizzy feeling on standing or walking. Some individuals may even lose consciousness. Other symptoms may include blurred vision, weakness, confusion, or nausea. If orthostatic hypotension goes untreated, it could lead to stroke and falls. (1,2,5).Cont.... Page 3

## Tip of the Month

### Saving Money on Medications:

1. Shop around (prices vary from pharmacy to pharmacy).
2. Ask your pharmacy or healthcare provider if there is a coupon for any of your medications.
3. See if there is a generic option.
4. Check with your insurance to see if there is a cheaper substitute. Some plans have a preferred drugs and those may be a lower cost to you.
5. Check with the drug company to see if there is a patient assistance program. Sometimes the drug company can also negotiate the tier of copay to a lower one.
6. Ask for samples.



# Fresh Salsa



Recipe from the book  
*Breaking the Salt Habit* by  
Erik Williams.

## Ingredients:

4 medium Tomatoes, chopped  
1 Fresh Jalapeno, minced  
2 Limes, juiced  
1 medium Red Onion, minced  
1 bunch Fresh Cilantro, chopped  
1/2 cup NSA Ketchup  
1 1/2 tsp. Garlic Powder  
1 tsp. Black Pepper

## Directions:

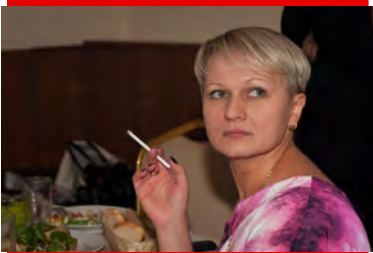
1. Combine all ingredients in a large bowl; mix well.
2. Let sit for a few hours before serving.

## Health Information

Serving size 1/2 cup  
Servings 6  
Calories 60  
Total fat <1g  
Saturated fat 0g  
Cholesterol 0mg  
Sodium 9 mg  
Total fiber 2 g  
Protein 1 g  
Carbohydrates 14 g  
Potassium 243 mg  
Sugar 6 g

**Quote of the Month:** “Those who are happiest are those who do the most for others.” Booker T. Washington

## Did you Know?



Did you know that smoking is the leading cause of preventable death in the United States? Smoking causes more than 90 percent of all lung cancer deaths. Did you know that more women die from lung cancer than die from breast cancer?

Smoking causes more than 80 percent of deaths from COPD (chronic obstructive pulmonary disease). Lets simplify this. Smokers are 12-13 more times likely to die from COPD than non smokers. Smoking not only causes lung cancer, it can cause other cancers in your body. Just to name a few, these cancers can be in your bladder, blood, cervix, esophagus, colon, rectum, liver, larynx, stomach, mouth, and pancreas. If nobody smoked, one out of three cancer deaths in the United States would not happen.

Smoking can increase risk of heart disease and stroke 2-4 times. Smoking can make it harder for women to get pregnant and can affect the sperm in males also causing fertility problems. It can also cause the baby problems. Smoking can make it harder to control diabetes, it can cause eye problems like cataracts, and even can cause rheumatoid arthritis. So what benefits occur if I quit smoking? Just one year after quitting, your risk of a heart attack drastically decreases. In 2-5 years, the risk of stroke may be equal to that of a nonsmoker. Within 5 years, your risk of non lung cancers drop by half. Within 10 years of quitting, your risk of lung cancer drops by half. Just think about it. You can do it. (3).

### **What is the treatment for Orthostatic Hypotension:**

Treatment is geared towards the cause. If it is a medication, then removing or lowering the dosage of that medication can help. If it is dehydration, then increasing fluid intake is the solution. If it is anemia, then working up the anemia and treating it. If there is not an easy solution, then some lifestyle recommendations may be recommended. If the hypotension is not too severe, sometimes simply sitting or lying down when an episode occurs will restore a normal blood pressure. If more aggressive treatment is needed, compression stockings may be needed to help circulate the blood and prevent it from pooling in the legs. These are important to wear during the day but usually can be removed at night time. Other changes that may be recommended include increasing fluid intake, avoiding alcohol, avoiding heat, elevating the head of the bed, and changing positions very slowly. In some cases, if high blood pressure or heart failure is not present, then an increase in salt intake may be recommended. If orthostatic hypotension continues to occur then medications may be prescribed to help raise the blood pressure. Florinef (fludrocortisone) can help increase the amount of fluid the body holds onto to which can raise the blood pressure. Midodrine is another medication that raises blood pressure by causing the blood vessels to constrict. Droxidopa (Northera) is a medication that may be used if orthostatic hypotension is caused by Parkinson's disease, multiple system atrophy, or pure autonomic failure. There are some other medications as well that are more specific to certain disease processes that may be recommended however these listed above are the most common. Again, most treatment is aimed at the cause. Remember, each case is different but if you have symptoms of orthostatic hypotension then you may want to consider making an appointment with your healthcare provider for further workup and treatment. (1,2,5).

