



Preventing Hypertension

Learning about hypertension or high blood pressure is the first step in knowing whether you are likely to develop the condition. This can lead to making positive changes to a healthier and disease-free lifestyle.

Studies show that heart disease occurs most among those who are overweight because blood pressure increases as a person gains weight. In order therefore to lower the blood pressure of a hypertensive patient, effective weight management is needed.



Why Is Maintaining a Healthy Weight Important?

Reaching and maintaining a healthy weight is important for overall health and can help prevent and control many diseases and conditions. If you are overweight or obese, you are at higher risk of developing serious health problems, including heart disease, high blood pressure, type 2 diabetes, gallstones, breathing problems, and certain cancers. That is why maintaining a healthy weight is so important: It helps you lower your risk for developing these problems, helps you feel good about yourself, and gives you more energy to enjoy life.

Losing weight need not to be drastic. You just have to set a goal, keep a positive mindset and believe that you can do it. ■

Check the chart below to know your ideal weight based on your height and body frame.

Men's Chart

Height	Small Frame	Medium Frame	Large Frame
5'3"	130-136	133-143	140-153
5'4"	132-138	135-145	142-156
5'5"	134-140	137-148	144-160
5'6"	136-142	139-151	146-164
5'7"	138-145	142-154	149-168
5'8"	140-148	145-157	152-172
5'9"	142-151	148-160	155-176
5'10"	144-154	151-163	158-180
5'11"	146-157	154-166	161-184
6'0"	149-160	157-170	164-188
6'1"	152-164	160-174	168-192
6'2"	155-168	164-178	172-197

Women's Chart

Height	Small Frame	Medium Frame	Large Frame
5'1"	106-118	115-129	125-140
5'2"	108-121	118-132	128-143
5'3"	111-124	121-135	131-147
5'4"	114-127	124-138	134-151
5'5"	117-130	127-141	137-155
5'6"	120-133	130-144	140-159
5'7"	123-136	133-147	143-163
5'8"	126-139	136-150	146-167
5'9"	129-142	139-153	149-170
5'10"	132-145	142-156	152-173
5'11"	135-148	145-159	155-176
6'0"	138-151	148-162	158-179

Social and Economic Impact

When hypertension strikes, it affects the whole maritime industry.

Because of its prevalence and the deaths associated with the condition, hypertension generates major costs for the health care system worldwide.

Shipping companies have increased costs related to rescue actions, ship

diversion, unintended disembarkation, hospitalization abroad, repatriation, death at sea and loss of well-skilled workers.

Due to the high economic burden caused by hypertension, prevention is still the most cost-effective way to address this critical health issue. ■



Make Heart-Healthy Changes



Practicing a heart-healthy lifestyle now can lead to greater control over the quality and length of your life. Start your journey towards a disease-free lifestyle by breaking the habits that are bad for your cardiovascular health.

Creating a healthy lifestyle doesn't have to mean drastic changes. In fact, drastic changes almost always lead to failure. Making small changes on how you live each day can lead to big rewards in the future, so figure out what you can do to start living healthy today. ■

DID YOU KNOW THAT?

Alcohol contains large amounts of calories that may lead to obesity and the increase of blood pressure. This is why some cargo ships have now started implementing the zero-tolerance to alcohol policy. This also ensures that safety at sea is maintained.

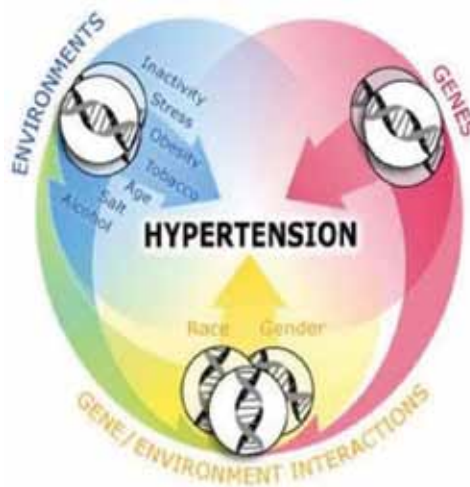
Get Physical

Seafarers usually fail to get proper exercise because of the amount of time they spend at sea. However, exercise is very important among seafarers to keep them healthy and fit for work. The following are simple pointers to determine how much exercise is recommended depending on one's fitness goals:

Fitness Goal	Required amount of exercise per day
To enjoy a healthy lifestyle	30 minutes
To maintain current weight	45 minutes
To start losing weight	60 minutes
To achieve normal weight (if overweight)	90 minutes

It is best if you lose weight slowly so that your body can properly and safely adjust to the changes. ■

Factors that lead to Hypertension



- Smoking
- Being overweight or obese
- Lack of physical activity
- Too much salt in the diet
- Too much alcohol consumption (more than 1 to 2 drinks per day)
- Stress
- Old age
- Genetics
- Family history of high blood pressure
- Chronic kidney disease
- Adrenal and thyroid disorders



The DASH Diet

Changing one's diet is an effective way to lose weight. You may follow the DASH (Dietary Approaches to Stop Hypertension) Diet plan and get the right amount of exercise to safely and effectively shed some pounds.

SAMPLE MENU PLAN FOR THE DASH DIET

Breakfast

Oatmeal with Banana
One Slice of Whole Wheat Bread with Jam
Coffee with Skim Milk
Pineapple or Apple Juice

Lunch

Grilled Chicken Breast
Dinner Roll
Steamed Vegetables
Watermelon
Snack
Mixed Fruits

Dinner

Baked lean Pork Chop
Baked Potato
Asparagus
Tomato Romaine
Apple Crisp Topped with Frozen Yogurt
Ice Cream

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