

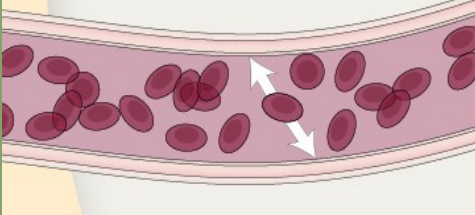
The Tolland Buzz



High Blood Pressure

High blood pressure, also known as hypertension, is a common condition that affects millions of people worldwide. It occurs when the force of the blood against the walls of the arteries is consistently too high, leading to potential health risks. According to the Centers for Disease Control and

When the heart pumps blood through the arteries, the blood puts pressure on the artery walls. This is known as **blood pressure**.



Prevention (CDC) a normal blood pressure is less than 120/80 mm Hg ([CDC](#))

High blood pressure often goes unnoticed because it rarely causes symptoms, earning it the nickname "the silent killer." If left untreated, it can lead to serious health problems, including heart disease, stroke, sexual dysfunction, and kidney disease. ([American Heart Association](#))

There are two types of high blood pressure: primary (essential) hypertension and secondary hypertension. Primary hypertension is the most common type and develops over time. Secondary hypertension is caused by an underlying condition, such as kidney disease or hormonal disorders.

There are many factors that can lead to high blood pressure including family history and lifestyle.

Fortunately, there are several lifestyle changes you can make to help reduce your blood pressure and lower your risk of developing related health problems. Here are some tips:

- 1. Maintain a healthy weight:** Being overweight or obese can increase your risk of high blood pressure. Losing even a small amount of weight can make a big difference.
- 2. Eat a healthy diet:** Focus on eating a diet rich in fruits, vegetables, whole grains, and lean proteins. Limit your intake of salt and saturated fat. The Dietary Approaches to Stop Hypertension or DASH Diet is a standard.
- 3. Exercise regularly:** "Physical activity can help keep you at a healthy weight and lower your blood pressure. The [Physical Activity Guidelines for Americans](#) recommends that adults get at least 2 hours and 30 minutes of moderate-intensity exercise, such as brisk walking or bicycling, every week" ([CDC](#))
- 4. Limit alcohol consumption:** If you choose to drink alcohol, do so in moderation. This means no more than one drink per day for women and

two drinks per day for men.

- 5. Quit smoking:** Smoking can raise your blood pressure and damage your arteries. If you smoke, quitting can help lower your blood pressure and improve your overall health.
- 6. Manage stress:** Find healthy ways to manage stress, such as exercise, meditation, or talking to a therapist.

In addition to lifestyle changes, your doctor may recommend medication to help lower your blood pressure. It's important to work with your healthcare provider to find the right treatment plan for you.

High blood pressure is a serious condition that can lead to serious health problems if left untreated. However, by making lifestyle changes such as maintaining a healthy weight, eating a healthy diet, exercising regularly, limiting alcohol consumption, quitting smoking, and managing stress, you can help reduce your blood pressure and lower your risk of developing related health problems, such as stroke or heart disease.

Resources to lower your blood pressure: [CDC](#), [American Heart Association](#).

HAPPENINGS AROUND TOWN

Celebrate Pride, Friday, June 7, 7PM-10:30PM Betsy Paterson Square. Local LGBTQIA2S+ organizations and supports, music, ice cream Drag Queen Story time @ 8pm and more.

Tour De Mansfield, Saturday, June 8, Enjoy riding around Mansfield at your own pace, and build camaraderie with fellow cycling enthusiasts while sharing a group lunch following the rides.

Meditation at Tolland Public Library, Tuesday, July 2nd Join Kathy Grinold on the first Tuesday of the month in the library's program room for a relaxing hour of meditation. Newcomers & advanced practitioners are welcome. Please sign up at tollandct.gov/library and look for the Online Library Events calendar or call 860-871-3620

Sailfest, Saturday July 13, 10 am - 11 pm and Sunday July 14, 9 am - 5pm Free entertainment with musical genres ranging in Funk, Rock, and Latin. A children's stage on Saturday featuring local youth performers. Sailfest also showcases one of the largest fireworks displays in the Northeast.

July is blueberry, strawberry, & raspberry season in CT! Get out and Pick-Your Own, at one of these local farms.

Don't forget to use sunscreen when you're outside!



Raspberry Salsa



Ingredients

2 cups fresh raspberries

1/4 cup chopped sweet onion

3 teaspoons finely chopped jalapeno peppers

1 clove minced garlic

1/4 cup chopped fresh cilantro

1/2 teaspoon white sugar

3 tablespoons fresh lime juice

Directions:

In a medium bowl, mix together raspberries, sweet onion, jalapeno peppers, garlic, cilantro, white sugar and lime juice. Cover and chill in the refrigerator at least 1 hour

Digital Detox

Digital detoxes are becoming increasingly popular as people seek to find a healthy balance with technology. A digital detox involves intentionally disconnecting from electronic devices such as smartphones, computers, and televisions, in order to reduce stress, improve mental health, and reconnect with the physical world.

During a digital detox, individuals often engage in activities such as reading physical books,

practicing mindfulness, or pursuing hobbies that don't involve screens. By unplugging from technology, people can reduce feelings of overwhelm and improve their overall well-being

While digital devices offer many benefits, such as instant communication and access to information, taking time away from screens can help individuals recharge and gain perspective on their digital habits. A digital detox can also lead to improved sleep, increased

productivity, and more meaningful connections with others. Incorporating routine can promote a healthier relationship with technology and enhance overall quality of life.

Sources: [Cleveland Clinic](#), [National Heart, Lung, and Blood Institute](#)

Be Well is an employee wellness program provided through the Eastern Highlands Health District with funding from The CT Department of Health. The goal of the program is to make the healthy choice the easy choice.

