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Know your Numbers

'Know your Numbers' is a yearly campaign run by Blood Pressure UK. This year, it runs from 10th-16th September.

High blood pressure (hypertension) usually presents no obvious signs and symptoms, so a lot of people are walking around not knowing they have it until a serious health event occurs. No wonder it's known as the 'silent killer'.

Untreated, high blood pressure can increase the risk of heart attack, stroke and kidney failure, as well as damage to the delicate blood vessels in the eye, which can cause loss of vision.

The good news is that hypertension can be treated and even prevented with simple lifestyle changes, such as increasing your daily activity levels.

Obtaining a blood pressure reading can be done within seconds, and is the only way to 'know your number' and to help reduce the associated health implications.

“ What consumes your mind, controls your life ”

- Mel Robbins

Eye Health

One of the best tips for maintaining your eye health is to have a regular eye test (generally every 2 years), as the optician can pick up general health problems and early signs of eye conditions before symptoms present.

It is more important to undergo regular eye testing if you:

- ▶ Are over the age of 60
- ▶ Are from African-Caribbean or South Asian descent, as the risk of glaucoma and diabetes is higher.
- ▶ Have a family history of eye disease

A few of the best lifestyle tips to help keep your eyes in top shape in between your visits to the optician include:

- ▶ Don't smoke – linked with increased rates of macular degeneration, which can lead to blindness.
- ▶ Keep moving – exercise can help reduce blood pressure, diabetes, and hardening of the arteries, all of which can lead to eye health issues.
- ▶ Eat healthily – as well as contributing to the benefits of exercise, a healthy diet including Omega 3 oils may reduce dry eyes, whilst spinach, kale, and other dark green leafy veg may prevent cataracts and macular degeneration.
- ▶ Wear your hat and sunglasses to reduce the impact of UV rays on your eyesight.
- ▶ Give yourself a vision break at work – try the 30/30/30 rule if you're stuck at your desk most of the day. Every 30 minutes take a 30 second break by staring 30 feet into the distance to help reduce eye strain.



Fact of the month

Around 1 in 3 adults in England and Scotland have high blood pressure and nearly half of them are not receiving any treatment (HeartUK.org.uk)



Food of the month

Cantaloupe melon: As well as a good hydrating summer snack, it's a good source of potassium, Vitamin C, and fibre, all of which support healthy heart function.



Tip of the month

Know your fruit and veg numbers – Write down your daily intake and aim to increase it to help reduce your risk of cardiovascular disease.