

CLINICAL TIP

Hypertension, also known as high blood pressure, is a common health problem that may require treatment with medications. Many of your residents may be taking anywhere from one to three or more antihypertensive medications, all with a different mechanism of action for lowering blood pressure. One potential side effect to keep in mind for patients on some antihypertensive meds,

especially in the elderly, is orthostatic hypotension. This rapid drop in blood pressure upon rising from a horizontal or sitting position can result in lightheadedness/fainting and lead to falls. Patients should be encouraged to get up slowly from bed and their chairs and if they experience orthostatic hypotension upon rising, this should be reported to their prescriber.

FEATURED HOME

The Aldre Hus is an alternative housing choice for our communities seniors, 55 years of age and older. They specialize in providing a secure, family oriented setting for seniors who cannot, or have chosen to no longer live alone. Their qualified staff offer hands on and supportive supervision with the tasks of daily living. Nutritious

home-cooked meals are shared family style and coffee with snack is enjoyed at social time each afternoon. With the administrations of medications, scheduling of medical appointments, transportation and accompaniment to those appointments, medical concerns are kept to a minimum.



The Aldre Hus

NUTRITIONAL TIP **Include flax in your diet!**

Benefits of Flax Seed

- Flax seed has Omega-3 Fatty Acids, which are helpful in reducing cholesterol and preventing heart disease.
- Reduced risk of cancer, specifically breast cancer.
- Flax seed oil seems to heal the inner lining of the inflamed intestines of those with Irritable Bowel Syndrome.

Moderately include flax seed in your diet.

5 Tips to Include Flax Seed in Home Cooking!

1. Sprinkle ground flax seed on your cereal and salads.
2. Substitute flax seed mixture for eggs in home baking such as muffin and pancake (1 tbsp milled flaxseed, plus 3 tbsp water = 1 egg). Final products will have less volume and taste gummier.

3. Include flax seed oil in other recipe when nutty flavor is preferred.
4. Substitute flax seed oil for other oils.
5. If you choose to use whole flax seed....buy it in bulk, but only grind up (in a coffee grinder) about 1/4 cup at a time. Keep that in your fridge as it will go rancid after 5-6 days. **START SLOWLY!!!!** Start by adding 1 t. per day x 5 days and then add more slowly (about 1 t. per day every 5 days up to 2 T. TOTAL for the day).