DASH Diet

An intake plan, which is intended to reduce the blood pressure, is the DASH. DASH is the short form for Dietary Approaches to Stop Hypertension. The DASH diet lowers the blood pressure and thus helps in checking and controlling high blood pressure. The DASH combination diet is full of fruits, vegetables, and low level of fat dairy foods and is low in saturated and total fat. It also has low levels of cholesterol, potassium, high dietary fiber, calcium and magnesium and fairly high amounts of protein. The DASH intake plan is suggested by the NIH's National Heart, Lung, and Blood Institute -- NHLBI which says: make use of the Dietary Approaches to Stop Hypertension --DASH intake plan as a guide. DASH recommends to take more of fresh fruits, vegetables and low amounts of fat dairy products, and to restrict saturated fat and salt. The DASH intake plan can…… [Read More]

References


Accessed 15 October 2005


Accessed 15 October 2005
"Participants were instructed to drink no more than 3 caffeinated beverages and no more than 2 alcoholic beverages per day" (pg. 2457).

Two features from this study that stand out when compared to the previous study (as read about earlier) was that this study sought to keep the participants weight relatively stable and that the participants were not obese and old, but were young and healthy. The goal of this study was measurably the same as the pervious study, but was set in entirely different circumstances. This is important to individuals seeking entry to the nursing field because it provides ammunition for lifestyle interventions even before the patient may think it is necessary.

The study's primary interest was to ascertain "the contrasts between the carbohydrate and protein diets and between the carbohydrate and unsaturated fat diets" (pg. 2459). What the study found was that for each diet (when compared to……

References


Living a Healthy Lifestyle

It is feared that the current generation will be the first to be less, rather than more healthy than its parents' generation, thanks to the growing crisis of obesity and inactivity. A number of government websites exist specifically designed to promote a healthier lifestyle, most notably the White House's 'Let's Move' campaign. Let's Move is specifically devoted to preventing childhood obesity and provides a variety of resources for readers, including statistics on childhood obesity (it notes that in African-American and Hispanic communities as many as 40% of all children are overweight or obese); suggestions on how to pursue a healthier diet via links to other government websites, and suggestions for incorporating exercise into children's lives. There are also special offers like a contest for 'kid chefs' to submit healthy recipes.

What exactly constitutes a healthy diet is, of course, controversial. The USDA provides specific dietary guidelines……

References

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Nursing Practise Using Evidence Presented

Evidence-Based Practice

The following is the assessment of AB case, a first time visitor to the writer. The assessment will include checking the pharmacologic treatment, reactions to the drugs in the medicines consumed, advisory healthcare practices and exercises, and non-pharmacologic treatment. More information to be provided if need be.

Patient Background

AB, an overweight, 52-?year -- ?old, Hispanic, male comes for the first visit to your office for assessment of complaints about tiredness, nocturia x 2 -- ?3, and finding it difficult to do the required paperwork in the office (Masters, 2014). He informs that he is reportedly having diabetes type 2 for about six years when he first experienced same feelings of fatigue and nocturia x 2 -- ?3. The patient informs he has attended infrequent classes on diabetes that emphasized on importance of physical activity and weight loss (Masters, 2014). His was accompanied by his wife to these……

References

http://www.webmd.com/sleep-disorders/sleep-apnea/sleep-apnea-treatments


Afam Hypertension in African-Americans Culturally

2009). The interventions used in this research study proved to be ineffective, however, and it has been suggested that more culturally relevant study leading to the development of more highly-culturally-specific practices is needed in this regard (Pekmezi et al. 2009).

Certain studies have also demonstrated a reduced efficacy of certain blood-pressure regulating pharmaceuticals in the African-American community, with certain individuals responsive to one type of medication but not others (Lackland 2004). This is significant in the area of hypertension prevention in the African-American community for several reasons, not the least of which is the fact that it is evidence of certain mechanisms at work that are still not fully understood or even necessarily identified in the medical literature (Lackland 2004). In addition, this suggests that there are certain predispositions that both affect hypertension and interrupt the mechanisms of drugs proven efficacious in other communities, which could provide greater insight into……

References

Analyzing Hypertensive Patient Case Study

Hypertensive Patient Case Study

Specific physical examinations in any hypertensive patient

Accuracy in the measurement of blood pressure is the basic aspect of diagnosis. Therefore, we take it over several weeks. On each visit, normally at least three blood pressure readings are taken with the difference of 2 minutes using mercury manometer.

Palpation of all peripheral pulses should necessarily be carried out. Absent, weak, or delayed femoral pulses are the sign of coarctation of the aorta or serious peripheral vascular disease. To identify any symptom of initial or extreme stage of chronic or severe hypertensive retinopathy along with arteriovenous nicking or difference in vessel wall, we conduct fundoscopic examination of the eyes (Madhur & Maron, 2014).

Why order Laboratory work up

Initial laboratory tests include urinalysis; fasting blood glucose or A1c; this is due to an increase in cardiovascular risk linked with a decreased GF level and with albuminuria. If……

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References


The Effectiveness of Behavioral Changes on Health

Chronic illnesses, for instance diabetes and cardiovascular diseases are liable for several deaths that take place in the United States. Primary or causal factors for these illnesses are in general nutritional factors for instance use of tobacco (smoking), poor nourishment, and sedentary living. In particular, this research study attempted to establish the behavioral and medical effect of a therapeutic lifestyle-change intervention on a set of community helpers. The method of the study encompasses 348 participants in a randomized clinical trial between the ages of 24 and 81 years of age. The participants were requested to participate along with their significant other and thereafter randomized as a unit in pairs. The remaining participants were randomized individually as units. This encompassed teaching the participants the significance of making better decisions with reference to their lifestyles. The program results, six months later indicated that the patients had been having better nutrition and had……

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References
The safety, or lack thereof, of genetically modified foods is subject to considerable debate in the public sphere. In order to render a reasonable opinion on the subject of feeding GMO foods to my children, I would want to defer to the best available science, and add a dash of reason. The first thing that would need to be established is the methodology by which one assesses the concept of safety. Clearly, there are no safety issues in the sense of GMO foods being poison (i.e. having immediate negative health effects). The question of GMO safety therefore is more a question of long-term impacts on human health.

A major study on the safety of genetically modified foods determined that, based on the traditional human food consumption patterns, there are no safety issues with the consumption of plant-based GMO foods (Konig et al, 2004). Further studies have examined the...

References


Hitler's Youth and Politics Perhaps

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The latter was an important member of this party, and also a staunch anti-Semite. The association with Eckart therefore further solidified Hitler's prejudice against Jews and other non-Aryan races (Fuchs 12).

Like many Germans, Hitler was deeply shocked by Germany's surrender. At the time, he was lying in a military hospital, recovering from a mustard gas attack. Recalling the anti-Semitic and political pamphlets he read as a teenager, Hitler came to believe that Jewish politicians had signed the armistice, thereby surrendering Germany at the point of victory (Schwaab 46).

The German surrender thus served as a catalyst for Hitler's entry into politics.

Hitler believed that these Jewish politicians were preparing the way for a communist takeover of the German nation.

Shortly after meeting Eckart, Hitler produced his first anti-Semitic writing, advocating for a solution to the growing German problem. Hitler's solution involved “rational anti-Semitism.” He vowed not to use traditional…..

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Works Cited


Swamp Fox Throughout History in

Words: 3523  |  Length: 9 Pages  |  Document Type: Term Paper  |  Paper #: 98620866

Tarleton was known for cruelty and slaughter. When his troops took Marion's nephew Gabriel prisoner during an unsuccessful attempt to capture Georgetown, Tarleton followed up by murdering Gabriel in cold blood. But Marion did not engage in any similar brutality or seek revenge by killing British prisoners of war. it's a testament to his moral character and to "a scrupulous piety that was part of his Huguenot background" (Smith, 1976, p. 1437). By his own upright behavior he set a standard for those who served him, and the men under him made it their standard too (American revolution - General Francis Marion, the Swamp Fox web site).

Marion got his nickname "The Swamp Fox" from the enemy. Colonel Banastre ("Bannister") Tarleton called him that because of his elusive tactics (the Swamp Fox web site). Cornwallis was determined to put an end to Marion's daring exploits and had sent Tarleton to……

[Read More]

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Lifespan

It's very interesting to discuss an individual's life in detail, especially when done so in a thoughtful manner. Through these conversations, one garners a distinct appreciation for life and the obstacles it presents. It also provides a great sense of the importance of perseverance in regards to success. Allen exemplifies the term "perseverance," in his behaviors throughout life. I personally had the opportunity to meet Allen during a job fair. He was representing Macy's and immediately seemed approachable. He is warm hearted and very engaging. Little did I know that his background was one that was anything but warm.

Family background

Not much is known about Allen's father, who was appropriately named Allen himself. As the third, the younger Allen never made physical contact with his father. From the information garnered from his mother, Allen Sr. was an expert guitarist. His hobbies included playing instruments and teaching music.

Salt inhibit the growth of grass

In the winter cities there are many external factors that can affect the growth of grass. The snow and ice in the winter months falling on the lawn, the leaves fallen from the trees and other external factors all alter the nature of the soil. All properties that mix with the soil can impact the growth of grass. The pH level of the soil is altered by the use of salt, which is used for cleaning snow. The pH level of the soil is directly related to the growth of plants or grass. Salt can wilt and destroy grass because it creates high osmotic pressure in the soil, which restricts the absorption of water and nutrients by the grass roots (Hall, 1994). There are different types of salt, the simple salts such as kitchen salt are neutral salts, and however there are more complex......

References


LEGALIZING PROSTITUTION IN THE U.S.A.

The topic I have chosen to discuss is the legalization of prostitution in the United States of America. By prostitution, I refer to an act where money is exchanged for rendering sexual services. Presently, 49 states out of 50 in the United States have banned prostitution with only some forms of it allowed in a few areas of Nevada. This is not the case in all developed countries. Some places in Europe such as Holland, have legalized it and are regulating it through relevant legislature by the government.

My main stance on the topic is that these countries are not worse off than the U.S.A. In terms of the expected negative societal effects of prostitution such as human trafficking, rape etc. In fact on a closer introspection it may be that this ban is causing more harm to the community rather than benefits. For example, the number of......

Bibliography


The combination diet reduced systolic blood pressure by 5.5 mmHg and diastolic blood pressure by 3.0 mmHg, whereas the fruits and vegetables diet reduced systolic blood pressure by 2.8 mmHg and diastolic blood pressure by 1.1 mmHg. Subgroup analyses showed that African Americans and individuals with hypertension showed the greatest reductions in blood pressure (3). DASH Diet: What Is It? The NHLBI, part of the National Institutes of Health (NIH), promotes the DASH diet, or eating pattern, as a means of preventing and controlling blood pressure without the use of medication. Based on the above recommendations, Table 1 provides examples of daily and weekly servings that meet DASH targets for a 2,000-calorie eating plan (7,8). View this table: View inline. The DASH diet is often recommended to treat high blood pressure. Here is a detailed overview of what it is, who should try it and how to do it. Dietary Approaches to Stop Hypertension, or DASH, is a diet recommended for people who want to prevent or treat hypertension — also known as high blood pressure — and reduce their risk of heart disease. The DASH diet focuses on fruits, vegetables, whole grains and lean meats. The diet was created after researchers noticed that high blood pressure was much less common in people who followed a plant-based diet, such as vegans and vegetarians (5, 6). That’s why the DASH diet emphasizes fruits and vegetables while containing some lean protein sources like chicken, fish and beans. Free Essay: Sara Terry Nutrition Diet Paper High blood pressure, hypertension, effects more than 65 million people, or 1 out of every 3 people. Another 59… The DASH diet is often suggested to people suffering from hypertension and focuses on portion size, eating a variety of foods and getting the right amount of nutrients…show more content… Both forms of the diet meet the recommendations from the Dietary Guidelines for Americans. The lower sodium diet is recommended for persons over the age of 51, African American, have hypertension or chronic kidney disease. The DASH diet emphasizes foods that are lower in sodium as well as foods that are rich in potassium, magnesium and calcium — nutrients that help lower blood pressure. The DASH diet features menus with plenty of vegetables, fruits and low-fat dairy products, as well as whole grains, fish, poultry and nuts. It offers limited portions of red meats, sweets and sugary beverages. Maybe you want to try the DASH diet but aren’t quite sure how to incorporate DASH into your own daily menus. To help you get started, here are three days of menus that conform to the DASH plan. Use these menus as a bas