Filipinos and Blood Pressure

Dr Cedric Lorenzo, MD, FACS

As a surgeon, who specializes in bariatric (obesity) surgery, I see every day the health problems from being over-weight. As you gain weight, blood has a harder time circulating through the body and vital organs so the heart responds by increasing blood pressure.

Blood pressure is called the “silent killer” because it can cause permanent eye, heart (heart attack), brain (stroke) and kidney damage and with little warning. High salt diets contribute to high blood pressure. In combination with being over-weight, a high salt diet could be deadly. Filipinos are particularly at risk for high blood pressure from increased weight and salty foods.

Medications can lower blood pressure. However blood pressure medications can have side effects of cough, increased urination and in men, erectile dysfunction. Extra pills and higher doses will be needed if a person does not reduce the salt in their diet and maintain a healthy weight.

How to lower Blood Pressure

Get Fresh & Eat a rainbow
Okinawan sweet potato, blueberries, Rainier cherries, blackberries and salmon sashimi.

Go for Quality—over quantity
Savor smaller portions. Use small plates, order an appetizer, share an entrée with a friend.

Relax and Enjoy Life
Find ways to de-stress without food. Exercise increases blood circulation and can improve your mood.

Make an activity the focus of a get-together rather than food. Have fun playing tag with cousins, hiking Makapu’u with your brother, or walking to a Farmer’s market.

“Nothing reminds me more of summers growing up in Waipahu than fresh sweet mangoes.”
Cedric Lorenzo


www.corileewatters.com
Chicken Long Rice with Marungay Leaves

Serves 8
2 ½ lbs. large chicken thighs
12 cups water
1 tsp. salt
1 ⅓ tbsp. minced ginger root
1 large onion
3 low-sodium chicken bouillon cubes
8 oz. long rice
2 cups marungay leaves

In a large pot bring 8 cups of water to a boil. Add chicken, salt, and ginger to boiling water and simmer for 40 minutes. Remove from heat and drain, saving broth. Remove meat from chicken bone, shredding meat and discarding bones. Set shredded chicken meat aside. Put broth, onion, bouillon cubes and remaining 4 cups water into a large pot and bring to a boil. Add long rice, lower heat and cook for 5 minutes. Turn off heat and let stand for about 30 minutes. Stir in shredded chicken and cook on low heat. Add marungay leaves and cover for 1-2 minutes.