



Mantener una vida saludable (To maintain a healthy lifestyle)

La hipertensión y la enfermedad cardiovascular tienen una estrecha relación
(Hypertension and cardiovascular disease are closely related)

Para prevenir complicaciones, es necesario controlar la hipertensión.

(To prevent cardiovascular disease complications it is necessary to control high blood pressure)

Por tanto, es importante que su presión arterial esté bien controlada.






(Therefore, it is very important that your blood pressure is well controlled)

El manejo de la hipertensión consiste en: (Hypertension management consists of):

1) Estilo de vida saludable (Healthy lifestyle) **2) Medicación** (Medication)

Este documento contiene recomendaciones acerca de un estilo de vida saludable

(This document contains recommendations for a healthy lifestyle)

 Actividad Física 	Physical Activity
<p>Evitar una vida sedentaria: ¡tratar de mantenerse tan activo/a como sea posible!</p> <ul style="list-style-type: none">• Andar 30-45 minutos cada día.• Otros ejercicios beneficiosos: el ciclismo, la natación, el baile y el uso de la escalera con más frecuencia que el ascensor /escalera mecánica. <p>Atención: Para que sea efectivo, el ejercicio físico debe practicarse de forma regular. ¡El ejercicio más práctico y barato es andar!</p>	<p>Avoid a sedentary lifestyle: try to be as active as possible!</p> <ul style="list-style-type: none">• Everyday walk for 30 to 45 minutes.• Other beneficial exercises: cycling, swimming, dancing and using the staircase more often than the lift / elevator. <p>Please note: To be effective, physical exercise should be done on a regular basis. The most practical and cheap exercise is walking!</p>
<p>Comida</p> <p>Dieta</p> <ul style="list-style-type: none">• Aumentar el consumo de verduras y frutas.• Reducir la ingesta de grasas y alimentos fritos (Por ejemplo: carne con grasa, salchichas, embutidos, pollo con la piel y grasa, panceta y las "comidas rápidas"). <p>Atención: Los alimentos fritos contienen muchas calorías, su consumo frecuente puede conducir fácilmente a la obesidad. El proceso de freír resulta en alto contenido de grasa y material de óxido en los alimentos, causando así un alto nivel de colesterol en la sangre y, consecuentemente, la enfermedad coronaria. Se recomienda cocinar con aceite de oliva / girasol, o cocinar a la plancha.</p> <ul style="list-style-type: none">• Reducir el consumo de sodio (la sal) y evitar los alimentos salados (Por ejemplo: aceitunas, conservas, salsas comerciales, frutos secos salados, quesos curados, embutidos y comidas precocinadas...etc.) <p>Atención: Al cocinar, usar muy poca sal, evitando también el uso de los productos potenciadores de sabor en el guisado y las sopas comerciales (en polvo o instantánea). Se recomienda el consumo de menos de 5g de sal por día (aproximadamente 2 cucharadita).</p>	<p>Diet</p> <p>Food</p> <ul style="list-style-type: none">• Increase consumption of vegetables and fruits.• Reduce intake of fats and fried foods (For example: meat with fats, sausages, chicken skin and grease, bacon and "fast foods"). <p>Please note: Fried foods contain a lot of calories, frequent consumption can easily lead to obesity. The frying process increases higher oil content and oxide material in food, which can cause high cholesterol and coronary artery disease. It is recommended to use olive oil / sunflower seed oil for cooking, or grill food instead.</p> <ul style="list-style-type: none">• Reduce sodium (salt) intake and avoid salty foods (For example: salted olives, tinned foods, commercialised sauces, salted nuts, cured cheese, cured pork products and commercialised precooked foods...etc.) <p>Please note: Use very little salt, avoiding also the use of other salty products in cooking and commercialised soups (in powder or instant). Recommended daily salt intake is less than 5g (about 2 teaspoonful).</p>
<p>Líquidos</p> <ul style="list-style-type: none">• Beber por lo menos 1500ml de agua cada día (7 a 8 vasos). Si tiene problemas de corazón o riñón, seguir las instrucciones de su médico / enfermera.• Café o té: no tomar más de 2 tazas al día.• Vino y cerveza: no tomar más de 2 vasos al día. <p>Atención: ¡Limitar el consumo de bebidas carbónicas y alcohólicas!</p>	<p>Fluid Intake</p> <ul style="list-style-type: none">• Drink at least 1500ml/ day (7 to 8 glasses). If you have heart or kidney problems, follow your doctor's / nurse's instructions.• Coffee or tea: do not take more than 2 cups a day.• Wine and beer: do not take more than 2 glasses a day. <p>Please note: Limit intake of soft drinks and alcohol!</p>
<p>Evitar hábitos poco saludables</p> <ul style="list-style-type: none">• Si fuma, debe dejar de fumar. <p>Atención: Para su salud, podemos ayudarle a dejar de fumar, ¡pero necesitamos su colaboración!</p>	<p>Avoid unhealthy habits</p> <ul style="list-style-type: none">• If you smoke, you should stop smoking. <p>Please note: For your health, we can help you to stop smoking, but we need your collaboration!</p>

La dieta mediterránea está considerada una dieta equilibrada y saludable. Limitar el consumo de productos cárnicos. Comer pequeñas porciones de carne magra. Seleccionar pescado, conejo y aves como una alternativa a la carne roja. Antes de cocinar la carne, recortar toda la grasa visible. Utilizar métodos de cocción saludable: a la plancha, al horno, el hervido y al vapor, en lugar de fritura. En cuanto a comer en restaurantes, pedir comidas con poca sal y hechas a la planchas/ la brasa. Como guarnición, elegir verduras/ ensalada en lugar de patatas fritas. Postre: frutas.

En caso de tener sobrepeso, tratar de perder peso con práctica regular de ejercicio físico y una dieta saludable.

The Mediterranean diet is considered a balanced and healthy diet. Limit consumption of meat products. Eat small portions of lean meat. Select fish, rabbits and poultry as an alternative to red meat. Before cooking the meat, trim all visible fat. Use healthy cooking methods: grilled, baked, boiling and steamed, instead of frying. As for eating out, ask for foods with little salt and non-fried foods. As a side dish, choose vegetables / salad, instead of chips. Dessert: Fruit.

Should you be overweight, try to lose weight effectively by doing physical exercise and eating a healthy diet.

Brief overview of the Spanish culture

Language

It is important to note that there is **no one single culture and language in Spain**. The Spanish territory has different geographical and climatic features, thus influencing in people characters and ways of life. Administratively, it has 17 autonomous regions, each having its own cultural heritage and a few having their own historical identities and languages, such as *País Vasco*, the Catalan-Valencian-Balearic area, and *Galicia*. The remaining regions share the official Castilian Spanish. The Castilian Spanish, as well as the Catalan & Galician languages, have Romanic roots, whereas the Basque language (*Euskera*) is not demonstrably related to any other languages. An important aspect of spoken Spanish is the selective use of polite and informal form. Normally, in an unfamiliar encounter, the formal form is used in situations of age differences (younger person to elder) and social ranking, as a sign of respect. For more information: http://en.wikipedia.org/wiki/Spanish_language.

Hello: Hola **Thank you:** Gracias **Good-bye:** Adiós
I'm your nurse: Soy su / tu enfermera (male nurse = enfermero) **My name is:** Mi nombre es ...
Note: Su = your (polite form) and tu = your (informal form).

Communication Style

People from Spain are usually expressive in terms of facial expressions, tone of voice and gestures, especially in demonstrating one's emotions and feelings. This is probably why outsiders may consider the Spaniards to be effusive. In familiar social encounters, embracing each other and giving a kiss on both cheeks is usual among men/women and women/women. (See: <http://rua.ua.es/dspace/bitstream/10045/4184/2/The%20invisible%20face%20of%20culture.pdf>)

Family/ Social Structure

Despite of social changes, family unity remains an important element in the Spanish people's life (For more information:

- http://www.demogr.mpg.de/Papers/workshops/010623_paper22.pdf)
- Traditional Values and Democratic Impulses: The Gender Division of Labor in Contemporary Spain

All Spanish citizens bear 2 surnames (paternal & maternal), and women conserve their birth surnames at marriage. Spain is declared as a non-confessional state but Catholic traditions still prevail, as Catholicism was the official religion for most of its history. Hence, one has to understand this phenomenon in order to understand its existing cultures.

Diet

The traditional Spanish diet is embedded in the products of an agrarian, pastoral, and horticultural inland society, and of seafood in the coastal regions. Principal staples are bread, legumes, rice, vegetables, eggs, chicken, rabbit, lamb, veal, game, pork and cured pork products, fish (fresh and salted), shellfish; olives and olive oil; fruits and nuts; grapes and wine made from grapes; cow milk and cured milk products. Honey and condiments such as parsley, thyme, oregano, paprika, saffron, onions, garlic are popular in Spanish cuisine.

The family meals, lunch and supper, are still considered as an important part of family life. Some Spanish, due to various factors, have shifted from a healthy traditional diet to less healthy eating habits (e.g. consume of *fast foods* and commercialised precooked meals). Spanish people who live out of Spain may adopt the local diet.

Examples of some dishes and foods with comments on compositions which are important to consider in the management of hypertension:

- Various versions of *cocidos* (may be rich in salt and cholesterol depending on ingredients used)
- *Paella* (a rice dish which contains seafood. It is rich in purines, cholesterol and potassium)
- *Tortilla española* (a thick egg-omelette with sliced potatoes). Cured hams and sausages (high salt and saturated fats content).
- *Gazpacho* (a cold tomato-based raw vegetable soup. It has a high potassium content)

Examples of some common sweet desserts:

- Almond or almond-paste (e.g. *turrón* and *mazapán*): made with honey, egg and sugar (high in calories and potassium content)
- Flan (similar to custard): made of milk, egg and sugar (high caloric and cholesterol content)

Examples of popular refreshments and alcoholic drinks:

- *Leche de almendra*: an almond drink . *Horchata*: made from the tuber *chufa*. Both beverages are rich in calories and potassium,
- Wine is the most common accompaniment to meals. Beer is drunk mostly before or between meals. *Carajillo* (coffee with brandy/rum)
- Cava (sparkling wine), cider, Sangría (wine punch), Sherry wine.

Conceptualisation of Health

Spain has a free and universal health care system. Folk beliefs regarding causes and cures of illness may be present in some, but people rarely forego their free medical coverage to depend solely on folk cures or curers, albeit at times people do self-medicate with over-the-counter medication from pharmacy. Nonetheless, Spanish are aware of the benefits of biomedicine. **Note:** Some people tend to use herbal drinks to lose weight [e.g. *cola de caballo* (*Equisetum arvense*): this has a diuretic effect; watch out for low serum potassium, especially if patient is already taking a diuretic as hypertension treatment!].

Smoking and alcohol consumption

- Rejedor E. et al. Trends in cigarette smoking in Spain by social class. *Prev Med.* 2001; 33: 241-248
- Current tobacco use: <http://www.who.int/gho/countries/esp.pdf>
- http://www.who.int/substance_abuse/publications/global_status_report_2004_overview.pdf

Note: Although Central & South Americans speak Spanish, their communication styles, lifestyles and world views are distinct from European Spanish.