

"Today you are you. That is truer than true. There is no one alive who is youer than you!" —Dr. Seuss.

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Interactions Between Medications

A noteworthy concern for the elderly is the subject of medications. With the rise in availability of various medications, naturally a growing list of drugs is offered to the elderly due to their high prevalence of medical conditions. As a consequence, interactions between these drugs and their individual side effects become increasingly more likely. The best approach to address these concerns is a discussion and periodic medication review with the treating physicians or the primary care doctor. If the elderly patient or their caregiver keep up-to-date records of allergies, medications, diseases, medical and surgical history, and advance directives readily available; the patient will have a better experience if they need emergent care or hospitalization. This is especially true if they arrive at a hospital where the patient's doctors do not practice, or if they have need of medical care while "on vacation" or "traveling."

Source: MedicineNet.com

What Is High Blood Pressure?

High blood pressure (HBP) or hypertension means high pressure (tension) in the arteries. Arteries are vessels that carry blood from the pumping heart to all the tissues and organs of the body. High blood pressure does not mean excessive emotional tension, although emotional tension and stress can temporarily increase blood pressure. Normal blood pressure is below 120/80; blood pressure between 120/80 and 139/89 is called "pre-hypertension", and a blood pressure of 140/90 or above is considered high. The top number, the systolic blood pressure, corresponds to the pressure in the arteries as the heart contracts and pumps blood forward into the arteries. The bottom number, the diastolic pressure, represents the pressure in the arteries as the heart relaxes after the contraction. The diastolic pressure reflects the lowest pressure to which the arteries are exposed. The American Heart Association estimates high blood pressure affects approximately one in three adults in the United States — 73 million people. High blood pressure is also estimated to affect about two million American teens and children, and the Journal of the American Medical Association reports that many are under diagnosed. Hypertension is clearly a major public health problem.

Source: MedicineNet.com

From Our Cookbook:

Pasta E Fagioli

Ingredients

- 2 slices bacon, chopped
- 1/2 onion, chopped
- 1 clove garlic, minced
- 1 small stalk celery
- 1 can (14 oz) chicken broth
- 1 can (16 oz) cannellini beans, rinsed and drained
- 1 can (16 oz) whole tomatoes, drained and chopped
- 1/2 teaspoon dried oregano
- 1/2 cup ditalini
- 2 tablespoons fresh parsley, minced
- Grated Parmesan

Directions

1. In a heavy saucepan, cook bacon over moderate heat, stirring until crisp. Add onion and garlic, stirring until onion is soft and transparent. Add celery. Add broth and simmer, covered, for 5 minutes.
2. In a bowl mash 1/3 of the beans, then stir them into the onion mixture along with the remaining whole beans and tomatoes. Simmer the soup, covered for 15 minutes, or until pasta is al dente. Then remove from heat and let stand, still covered, for 5 minutes.
3. Stir in parsley and top with (lots of!) Parmesan.
4. Feast.

A Note From Full Circle Marketing:

Full Circle Home Care has a blog with very useful information. To view the blog, visit our website at fullcirclehomecaremd.com and click on "blog". Please leave comments. We are listening.