

PURSUIT

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Florida Blue 
BetterYou 

A monthly wellness newsletter from Better You

If You're Pregnant, It's Really Important to Watch Your Blood Pressure



High blood pressure means blood is being pushed through your arteries with a force that's too high when your heart beats. It's common. In fact, many people don't even know they have a problem. But if your blood pressure is high when you're pregnant, your baby might not get enough oxygen and blood. It could also limit your baby's growth.

Sometimes blood pressure runs high during the second or third trimesters and goes back to normal after the baby's birth. That's called gestational hypertension. Most women with this condition have a mild increase in blood pressure. Other women develop a severe blood pressure disorder known as preeclampsia. This is a serious condition that can cause complications. It usually occurs after 20 weeks of pregnancy but can also occur after the baby is born.

The cause of preeclampsia is unknown. Your risk is higher if you've had preeclampsia in a previous pregnancy or are 40 or older. Risk also increases if you're carrying more than one baby, obese or pregnant for the first time. Other risk factors include diabetes, kidney disease, lupus or a history of chronic hypertension, as well as infertility treatments such as in vitro fertilization.

Preeclampsia can be difficult to identify. Treatment can range from monitoring or medications to early delivery of the baby. Tell your doctor right away if you experience:

- **A severe headache that won't go away**
- **Rapid weight gain**
- **Swelling of the face or hands**
- **Pain in your upper belly or shoulder**
- **Changes in vision such as seeing spots**
- **Nausea and vomiting after 20 weeks of pregnancy**
- **Difficulty breathing**

There's no way to know if you'll develop preeclampsia. It's important to go to every prenatal visit and pay attention to your blood pressure check and weight gain. Limit stress, make time to relax and never smoke. If your doctor approves, exercise regularly.

Florida Blue members who are pregnant can enroll in the Healthy Addition® Prenatal Education Program. Email healthyaddition@floridablue.com, or call 1-800-955-7635 option 6.

Resources: [The American College of Obstetricians and Gynecologists \(ACOG\)](#)
[American Heart Association](#)

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Getting a Handle on 'Healthcare Speak' Can Be a Benefit



If your doctor uses medical language to explain health issues, it may leave you poorly informed. Sometimes, it can seem like you're speaking different languages. But there's an easy way to help you get more out of talks with your doctor. Learning to cut through medical jargon can help you make better healthcare decisions.

1. **The best way to learn more is to ask your doctor questions. And don't be afraid to keep asking questions until the information makes sense to you.**
2. **When a doctor gives you instructions, say them back in your own words.**
3. **Take a list of all your medications with you to your next visit so you can review them with**

your doctor. This includes prescriptions, over-the-counter remedies, vitamins, supplements and herbal medications.

4. **Be honest—the more your doctor knows, the better care they can give you.**
5. **Know your medical history. Ask questions if you're worried about future risks.**
6. **Consider taking a friend or relative along to the doctor—it's helpful to have a second set of ears, and they can take notes!**
7. **If you need an interpreter, let your doctor know.**

Resources: www.cdc.gov; www.healthywomen.org; www.hrsa.gov

Ranch Chicken Salad

Serves 4

Ingredients:

- ½ cup 1 percent buttermilk*
- 3 tablespoons mayonnaise
- 2 tablespoon fresh chives, chopped
- ½ teaspoon kosher salt
- ¼ teaspoon garlic powder
- ¼ teaspoon onion powder
- ¼ teaspoon dried parsley
- ¼ teaspoon dried basil
- Fresh black pepper, to taste
- 2 cups shredded boneless chicken breast, from rotisserie chicken or leftover



Directions

In a medium bowl, combine the buttermilk, mayonnaise, chives, salt, garlic powder, onion powder, parsley, basil and black pepper. Mix.

Add the shredded chicken and mix well. Refrigerate until ready to eat.

**If you don't have buttermilk on hand, tasteofhome.com says can you substitute ½ tablespoon of lemon juice or white vinegar in ½ cup regular milk.*

Recipe courtesy of www.skinnytaste.com and for nutritional information [click here](#).

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ATANSYON: Si w pale Kreyòl Ayisyen, gen sèvis èd pou lang ki disponib gratis pou ou. Rele 1-800-352-2583 (TTY: 1-800-955-8770).

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