

A HEALTHIER YOU!

Keeping you informed & up to date on your health care at Samuel U. Rodgers Health Center

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Ask A Doctor: Adult Health Provider, Doctor Cody Ryan

- **How long have you been with Sam Rodgers Health Center?**

"I have been working at Samuel U. Rodgers for six years"

- **What was your first impression of Sam Rodgers?**

"When I first interviewed at Samuel U. Rodgers, I was living in California; I had quite a few misconceptions about life in the Midwest. I was surprised and delighted to see the wonderful diversity of the patients and staff here at Sam Rodgers. I vividly remember seeing patients walk by wearing their lungi, dashiki, hijabs, and other traditional clothing, and I knew I wanted to work in a place like this, where racial and ethnic diversity is welcomed and celebrated."

- **What has surprised you the most about working at Samuel U. Rodgers?**

I've been pleasantly surprised at how loyal our patients are to getting good quality care here. Sometimes it's hard to prioritize health, especially getting preventive measures taken care of. But so many of my patients make this an important priority in their lives. As a doctor, I'm very happy to participate in a healthcare culture like this.

- **What's the best thing to happen since you started working at Sam Rodgers?**

I've been able to walk with several of my patients through important - and sometimes difficult -- life events: the birth of a child, an unexpected pregnancy, the loss of a spouse, celebrating a college admission. And likewise, many of my patients have shared in my joys, as well. Both of my two daughters were born during these last several years. It's a gift to be able to share in these moments together.

- **What might someone be surprised to know about you?**

I have a second (part-time) job as a hospital doctor at North Kansas City Hospital. I enjoy the variety that it brings to my work and it helps keep me engaged in the world of hospital medicine.

- **What do you do when you aren't working at the clinic?**

I spend most of my free time with my wife and two daughters, who are 1 and 3 years old. They bring lots of joy and excitement to my life. I keep a few beehives as a hobby beekeeper, I enjoy baking sourdough bread, and I'm practicing playing piano regularly.

- **What is one thing you wish your patients knew prior to their healthcare visit?**

Many folks feel nervous about coming to healthcare offices, all for different reasons. I hope my patients can - instead of seeing us a authority figures - can see us as partners in the journey of health and wellness.

Recipe of the Month

Stir-Fried Beef & Potatoes

calories	274
Total fat	5 g
Saturated fat	1 g
Cholesterol	56 g
Sodium	96 mg
Total fiber	3 g
Protein	24 g
Carbohydrates	33 g
Potassium	878 mg

Ingredients:

1½ lb lean sirloin steak; 2 tsp vegetable oil; 1 clove minced garlic; 1 tsp vinegar; ½ tsp salt; ½ tsp ground black pepper; large onions, sliced; 1 large sliced tomato; 3 C boiled diced potatoes

Directions:

- 1) Trim fat from steak and cut it into small, thin pieces.
- 2) In a large skillet, heat oil and sauté garlic until garlic is golden.
- 3) Add steak, vinegar, salt, and pepper. Cook for 6 minutes, stirring beef until brown.
- 4) Add onion and tomato. Cook until onion is transparent.
- 5) Serve with boiled potatoes.

5 Surprising Facts About High Blood Pressure

https://www.cdc.gov/bloodpressure/5_surprising_facts.htm

What you don't know about high blood pressure could hurt you. High blood pressure affects nearly half of the adult population in the United States, yet many people who have the condition don't know they have it.

Uncontrolled high blood pressure raises the risk for heart disease and stroke, which are leading causes of death in the United States.

Fortunately, high blood pressure is treatable and preventable.

1. High blood pressure may be linked to dementia.

Recent studies show that high blood pressure is linked to a higher risk for dementia, a loss of cognitive function. Timing matters: evidence shows that having uncontrolled high blood pressure during ages 44 to 66 creates a higher risk for dementia later in life. It's never too early to start thinking about your blood pressure and taking steps to manage your high blood pressure.

2. Young people can have high blood pressure, too.

High blood pressure doesn't just happen to older adults. Nearly 1 in 4 adults aged 20 to 44 have high blood pressure. High blood pressure is a leading cause of strokes. Experts think the increased risk for stroke in this age group is a direct result of the rising rates of obesity, high blood pressure, and type 2 diabetes—conditions that are preventable and treatable. Ask your health care team how often you should check your blood pressure. You can get your blood pressure checked at a doctor's office or pharmacy, and you can check it at home if you have a home blood pressure monitor.

3. High blood pressure usually doesn't have any symptoms.

High blood pressure is sometimes called the "silent killer." Most people with high blood pressure don't have any symptoms. Because many people feel fine, they don't think they need to get their blood pressure checked.

Even if you feel normal, your health may be at risk. Talk to your doctor about your risk for high blood pressure.

4. Many people who have high blood pressure don't know it.

About 1 in 3 U.S. adults with high blood pressure aren't even aware they have it and are not being treated to control their blood pressure. Even though most people with uncontrolled high blood pressure have health insurance and visit a health care team member at least twice a year, the condition is often not diagnosed. CDC is working with health care professionals to find patients with high blood pressure who are "hiding in plain sight." Ask your health care team what your blood pressure numbers mean and if they are too high. Stick to your treatment plan and follow your provider's advice if you are diagnosed with high blood pressure.

5. Women and African Americans face unique risks when it comes to high blood pressure.

Women with high blood pressure who become pregnant are more likely to have complications during pregnancy than those with normal blood pressure. High blood pressure during pregnancy can harm a mother's kidneys and other organs, and it can lead to premature delivery and low birth weight babies. Some types of birth control can also raise a woman's risk for high blood pressure. Women with high blood pressure who want to become pregnant should work with their health care team to lower their blood pressure before becoming pregnant. African American men and women have higher rates of high blood pressure than any other racial or ethnic group. These individuals are also more likely to be hospitalized for high blood pressure. Experts think these health disparities are tied to higher rates of obesity and diabetes. Lifestyle changes, such as reducing sodium in your diet, being more physically active, and reducing stress, can help lower blood pressure.