

Have a Healthy Pregnancy Even with High Blood Pressure

High blood pressure doesn't have to get in the way of a normal pregnancy and healthy delivery. Almost one-tenth of expectant mothers develop high blood pressure, also called hypertension. It develops around 20 weeks and disappears after the baby is born.

High blood pressure means the pressure in your arteries is too high. Too much pressure can damage your arteries the same way too much water pressure damages a garden hose. It's never good.

But in pregnancy, high blood pressure could lead to premature birth, a detached placenta, a C-section or preeclampsia. Preeclampsia is a serious blood pressure problem that can harm all of your organs. That's why doctors like to see you early and often during pregnancy.



During your visits, your doctor keeps a close watch on your blood pressure and weight. They'll also test your urine for protein. High blood pressure and high levels of protein in your urine could be a sign of preeclampsia. You may not have any symptoms, but really high blood pressure may cause one or more of the following:

- Blurred vision;
- A severe headache;
- Weight gain of 2 or more pounds in a week;
- Unusual swelling of your hands, feet or face; or
- Pain in your upper stomach area.

Let your doctor know right away if you have any of these symptoms. Treatment depends on your blood pressure reading. You may need to take medicine, control your weight and watch your salt intake.

The following tips can help you control your blood pressure:

- Go to all of your prenatal visits;
- Keep your weight gain at a healthy level;
- Exercise regularly if your doctor approves;
- Limit stress and find time to relax; and
- Avoid smoking.

Most women with high blood pressure who keep their regular prenatal visits can have a normal pregnancy and a healthy baby. Florida Blue's Healthy Addition® Prenatal Education Program can support you with information and answers to your questions. Expectant mothers with Florida Blue coverage are eligible for the program. To enroll, email healthyaddition@floridablue.com or call 800-955-7635 and choose option 6.

Sources: The American College of Obstetricians and Gynecologists (ACOG); Healthwise® Coach

Tips on Breaking the Silence Surrounding Mental Health

Did you know May is America's Mental Health Month? You may be surprised that we've been celebrating this for 40 years. Mental illness isn't on a lot of people's radar. Even though about one-fourth of all Americans have mental health issues, we don't like to talk about it. That makes it hard to have a serious discussion. But if you or a loved one deals with mental health issues and you are ready to talk about it, here are some tips to break the silence.

How to start a conversation about mental health

1. Explore your feelings and learn what you can about your diagnosis.
2. Carefully choose the person you talk to about mental health. Choose someone you trust to listen and support you without judgment—someone who can keep the conversation private.
3. Write yourself notes and practice what you're going to say. Or write a letter for the person to read. This can help you feel more comfortable with what you need to share.

How to show support of a loved one who has mental illness

1. Listen more than you talk. Think before you speak.
2. Check your feelings so you're aware of your facial expressions.
3. Don't judge. Be kind and understanding. Take the person and their words seriously.
4. Help them find professional help.

Resources: webmd.com; mentalhealthamerica.net

Vegetable Chicken Enchiladas



These enchiladas are full of fresh, tasty vegetables.

Ingredients:

- 1 large onion, peeled and chopped
- 1 green bell pepper, seeded and chopped
- 1 large zucchini, chopped

- 1 cup chicken breast, cooked and chopped
- $\frac{3}{4}$ cup red enchilada sauce
- 2 (16-ounce) cans of no-salt-added tomato sauce
- 8 (6-inch) corn tortillas
- $\frac{2}{3}$ cup of shredded, reduced-fat Monterey Jack cheese

Directions

1. Preheat oven to 375°F.
2. Spray a large skillet with nonstick cooking spray. Sauté onion for 5 minutes over medium heat, stirring occasionally. Add bell pepper and zucchini; cook for 5 minutes more. Stir in chicken; set aside.
3. Meanwhile, combine enchilada sauce and tomato sauce in a small bowl; add $\frac{1}{2}$ cup of the sauce to the vegetable and chicken mixture.
4. Soften tortillas on the stovetop or in the microwave. Dip each tortilla in the sauce, and place equal amounts of vegetable and chicken mixture on one side. Roll up and place in a 9x13-inch baking pan. Pour any remaining sauce over the top.
5. Cover loosely with foil and bake 20 to 25 minutes. Remove cover and sprinkle cheese over top; bake 5 minutes more. Serve while hot.

Recipe courtesy of EatFresh.org for nutrition information click [here](#).

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