

# Second-Generation Antipsychotics (SGAs), Blood Pressure, Diet & Activity

## Blood Pressure and SGAs

Some children and youth have higher blood pressure when they are treated with second-generation antipsychotics (SGAs).

Your risk for heart disease or stroke increases if you have higher blood pressure.

Second-generation antipsychotics that can increase blood pressure include:

- > Quetiapine (Seroquel)
- > Risperidone (Risperdal)
- > Olanzapine (Zyprexa)

## What Are Your Numbers?

Date	Your Numbers*

\*Talk to your doctor or nurse practitioner about your child's range for normal blood pressure. It will depend on your child's age, gender and height.

## Blood Pressure

- > Most people cannot feel symptoms of high blood pressure unless it is very high.\* The only way to know if your blood pressure is high is to have it measured.
- > It is important to treat even mildly high blood pressure, as it can have adverse effects on your blood vessels.
- > If your blood pressure is high on multiple occasions, you will likely be checked by a specialty doctor.

\*If you are experiencing symptoms of very high blood pressure (known as malignant hypertension) seek urgent medical attention. Symptoms may include severe headaches, numbness, blurry vision, chest pain.

## Diet and Blood Pressure

Some foods have been shown to help lower blood pressure. Include these foods more often in your diet. They include:

- > **Dairy:** Two or more servings of low-fat dairy per day have been shown to reduce the risk of high blood pressure.
- > **Fruit and Vegetables:** More than three servings per day of fruits and vegetables can reduce the risk of high blood pressure.

Some foods have been shown to cause a high blood pressure. Include these foods less often in your diet. They include:

- > **Sugar-Sweetened Beverages:** Beverages that contain sugar can raise blood pressure. Keep soda, iced tea, juice drinks, frappuccino's, bubble teas, and sports drinks to once per week or less.
- > **High-Salt Processed Foods:** Processed food products are often very high in salt and can raise blood pressure. These include processed meats, instant soups, canned soups and frozen meals.

## What I Am Doing Already

*Example: I include fruit and veggies every day in my lunch.*

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

## Activity and Blood Pressure

Physical activity can help regulate blood pressure.

- > Children should accumulate at least 60 minutes of moderate to vigorous physical activity every day (running, jumping, dancing – moving so you sweat and get your heart rate up).
- > Strengthening activities for muscles and bones should be incorporated at least three times per week.
- > Schedule in some fun physical activity for the whole family – such as a family walk every day and strengthening exercises at the local park three times per week (going across the monkey bars, climbing, etc.). Everyone's health will benefit.

\*If you have very high blood pressure, talk to your doctor or nurse practitioner before starting activity.

Sedentary (inactive) behaviour should be monitored. Aim for no more than 2 hours of recreational screen time per day, and limit sitting for extended periods of time.

Develop some household rules to support this:

- > Find out how much time your child spends in front of a screen. Try to gradually decrease this time. A little less every day!
- > Ask how your child would like to use their screen time
- > Avoid having a television in the child's bedroom
- > Keep the computer in a family area
- > Have a common area for phones to be plugged in at night
- > Create a contract with kids: build in breaks for activity within screen time
- > Put stickers on the remote control with activity ideas for commercial breaks – run up and down the stairs 5 times, do 10 sit ups, etc.
- > Try active video games like Wii Fit or Xbox Kinect
- > Have screen free breaks built into your day - start with meal times then expand

## Sleep and Blood Pressure

There is an association between sleep disorders, like sleep apnea, and high blood pressure.

### Need help with sleep?

Check out the Healthy Living resources for families: <https://keltymentalhealth.ca/healthyliving>. There are tips to help with getting a good night's sleep.

## What I Am Doing Already

*Example: I take breaks when I'm playing video games to walk my dog.*

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

“ Gradually decrease screen time by small amounts, and set time limits. ”

## Ready? Set a Goal!

Now you have some ideas for things that may help your blood pressure while taking an SGA. It's time to make some goals!

Goals that work are usually:

- > Small
- > Achievable
- > Planned out

### EXAMPLE:

**Small:** *I need to cut down on my screen time.*

**Achievable:** *I spend a lot of time playing video games. I could use some of that time to take my dog for a walk.*

**Plan:** *My mom and I will pick Tuesday and Thursday to be the days that I walk the dog. My mom will remind me after 1 hour of video games. If I don't feel like going she will come along to help motivate me.*

### MY GOAL:

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

## Want to Learn More?

**Mental Health Metabolic Program:**  
[www.bcchildrens.ca/our-services/mental-health-services](http://www.bcchildrens.ca/our-services/mental-health-services) or call (604) 875-2010

**Mental Health Information:**  
[www.keltymentalhealth.ca](http://www.keltymentalhealth.ca)

**Medication Information:**  
[www.keltymentalhealth.ca/antipsychotic-medications](http://www.keltymentalhealth.ca/antipsychotic-medications)

**General Information About Healthy Eating:**  
[www.healthlinkbc.ca/dietitian-services](http://www.healthlinkbc.ca/dietitian-services) or call 8-1-1