

What You Should Know About

Controlling High Blood Pressure



High blood pressure (hypertension) is called the silent killer. This is because many people who have it don't know it. You can take an easy test to see if your blood pressure is too high. If it is high, you can take steps to lower it. Doing so could save your life.

You can control your high blood pressure

EAT RIGHT

Eating too much fat and salt can raise blood pressure.

Read labels.

- Select low-fat, low-salt foods.
- Eat more fresh fruits and vegetables.
- Choose lean meats, fish, or chicken.
- Eat pasta, rice, and beans.



Like any other muscle, the heart needs exercise to stay fit. Get up and get active.

- Walk or bike instead of driving.
- Use stairs instead of elevators.
- Swim!



REDUCE STRESS

Ongoing stress can increase your blood pressure.

- Make time to relax and enjoy life.
- Try to meditate.
- Get plenty of rest.
- Visit with family and friends, and keep up with hobbies.
- Most of all, find time to laugh.



STOP SMOKING

Smoking raises blood pressure and damages blood vessels.

- Do your best to quit.
- Talk with your doctor about using nicotine patches or gum.
- Look in your local phone book for a stop-smoking program.



REMEMBER:

If lifestyle changes aren't enough, your health care provider may prescribe high blood pressure medicine.

Lifestyle changes are the best method to combat high blood pressure

