

Name:

Whom to Call:

CV1029A

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.

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

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.



Reduce Stress

Ongoing stress can increase your blood pressure.

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



Be Active

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!



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.



Notes