

10 WAYS TO PREVENT & CONTROL HIGH BLOOD PRESSURE



1. KNOW YOUR NUMBERS.

- Checking your blood pressure is fast and painless.
- You can have your blood pressure checked by your regular health care provider, at health screenings and at some drugstores.

NORMAL BLOOD PRESSURE: Less than 120/80

AT RISK FOR HIGH BLOOD PRESSURE : 120/80 to 139/89

HIGH BLOOD PRESSURE: 140/90 or higher (150/90 for ages 60 and older)

A single high reading may not mean that you have high blood pressure. But if you get your blood pressure checked at a screening or drugstore and your numbers are high, tell your health care provider.

2. KNOW YOUR RISK FACTORS.

- There are things that increase your risk for high blood pressure, and increase your risk for heart attack & stroke if your blood pressure is high.
- Risk factors you can change include:
 - Smoking · Drinking alcohol
 - Being overweight · Being inactive
 - Eating too much salt (sodium) and not enough potassium
- Risk factors you cannot change include:
 - Your age · Your family history
 - Your race/ethnicity - African Americans have a higher risk

3. IF YOU SMOKE, MAKE A PLAN TO QUIT.

- Quitting smoking is one of the most important things you can do for your health, especially if you have high blood pressure.

4. LIMIT SALT AND SODIUM AND EAT POTASSIUM-RICH FOODS.

- Use less salt when you cook. Do not add salt to your food at the table.
- Most people should limit sodium to no more than 1,500 mg per day (2/3 teaspoon).

5. FOLLOW A HEART-HEALTHY EATING PLAN

- Eat plenty of fruits, vegetables and high-fiber whole grains.
- Switch to low-fat or fat-free dairy products .
- Choose skinless poultry, lean meats, fish, beans and nuts.

6. MAINTAIN A HEALTHY WEIGHT.

- Lose weight if you need to.
- The best way to take off and keep off extra pounds is to follow a heart-healthy eating plan, limit portion sizes & get some exercise every day.

7. BE MORE ACTIVE.

- Try for 30 to 60 minutes of moderate exercise everyday. If you do not have 30 minutes, you can break up your exercise into two 15-minute or three 10-minute periods.
- If you don't exercise regularly now, it is best to start slowly and do something you enjoy.
- Talk to your health care provider about what type of exercise is best for you.

8. LIMIT ALCOHOL.

- If you do drink, only do so in small amounts - no more than two drinks a day for men and one drink a day for women.

10. SEE YOUR HEALTH CARE PROVIDER

- High blood pressure can be managed with a healthy lifestyle and medications when needed .
- Talk to your health care provider about how often you should have your blood pressure checked.

