

Advice on High Blood Pressure



EAT HEALTHY

(Low in fat, cholesterol & salt)

Eating properly can help you reduce your blood pressure.

This means eating less salt, fatty foods and red meat.

The American Heart Assoc. and the DASH Eating Plan can help.

(www.dashdiet.org)



EXERCISE REGULARLY

30 minutes of aerobic exercises (walking, jogging, cycling, swimming)

5 times a week will help keep your weight down and lower your blood pressure.

Remember, to check with your doctor before starting any type of exercise program.



STOP SMOKING

Smoking or chewing tobacco can increase your blood pressure.

It may also increase your risk of stroke, heart disease, and circulatory problems as well as many types of cancer.

Consuming more than one beer or glass of wine, or one ounce of liquor per day can cause your blood pressure to increase.



TAKE YOUR MEDICATIONS

If you have concerns or questions about your medication, call your clinic nurse or provider. When you start a new blood pressure medication or change the dose it may take up to 4 weeks before the change is complete.

When your blood pressure is normal, keep taking your medications and don't run out. Ibuprofen, Naproxen, Advil, Aleve, Motrin, or other similar arthritis pain medications may raise your blood pressure. Please check with your clinic nurse or provider before taking one of these pain medications.

Tylenol does not affect blood pressure.