

High Blood Pressure



Kern Family Health Care

healthy
no smoking
foods

no smoking
healthy
foods

exercise
exercise

What is High Blood Pressure? _____

High blood pressure is a severe health problem. It affects your brain, heart and kidneys. When you have high blood pressure, you are at risk for heart disease, heart attack, stroke and kidney failure.

What Causes High Blood Pressure? _____

The causes of high blood pressure vary from person to person. It can be caused by:

- Age
- Race
- Family history
- Being overweight
- Smoking
- Lack of exercise
- Drinking alcohol
- Eating fried, greasy or salty foods

How Can I Manage My Blood Pressure? _____

There are lots of ways to manage your high blood pressure. Lifestyle changes are the best way to manage your high blood pressure. The key is to make one small change at a time. Medicines are sometimes needed, but lifestyle changes should always be made.

Lose Excess Weight _____

Moving towards a healthy weight will help lower your blood pressure. To lose weight:

- Eat smaller amounts of food
- Eat more fruits and vegetables
- Avoid sweets and fried foods
- Be more active
- Talk to your doctor about a weight loss plan for you

Be Active _____

Being active can help you lose weight and lower your blood pressure. Be active for at least 30 minutes most days of the week. To be more active:

- Go for a walk
- Dance
- Take the stairs
- Work in the garden
- Clean the house
- Talk to your doctor about an exercise plan for you

Eat Healthy _____

Eating healthy is a life long pledge. Foods low in salt and fat is part of this pledge. To eat healthy:

- Eat more fruits, vegetables, whole grains, nuts and beans
- Use fat free or low fat milk products
- Eat less meat
- Don't add salt to your food at the table
- Avoid fried or greasy foods

Stop Smoking _____

Smoking can worsen health problems linked to high blood pressure. To quit:

- Make a list of reasons to quit and read it daily
- Call 1-800-NO-BUTTS
- Talk to your doctor about programs and products that can help you quit

Limit Alcohol _____

Have a drink only during special events, such as a party. Limit yourself to 1-2 drinks.

You can manage your high blood pressure. For help, talk to your doctor or call us at 1-800-391-2000 and ask for the Health Education Department. We are here to help.



**Kern Family
Health Care**
The Friendly Face
Of Kern Health Systems

1-800-391-2000

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