

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. Life style 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 life style 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 at least 30 minutes a day.

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 lifelong 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.

Can you read this? If not, we can have someone help you read it.

For free help, please call us at 1-800-391-2000.