

10 TIPS FOR MANAGING HIGH BLOOD PRESSURE

Untreated high blood pressure can increase the risk of heart failure, stroke, heart attack and kidney disease. It has no cure, but it can be treated and controlled. Here are 10 tips:



1. Take all the medication that your doctor prescribes for high blood pressure, even if you feel fine.



6. Lower your intake of saturated fats and salt (sodium).



2. Call your doctor if you are bothered by any side effects of your medication.



7. Stop smoking. The nicotine in cigarettes and other tobacco products temporarily raises your blood pressure.



3. Maintain a healthy weight. If you're overweight, losing weight usually helps lower blood pressure.



8. Manage stress. Try relaxation techniques or ask your family doctor for advice.



4. Exercise in moderation three times a week for 20 minutes; walking is an excellent and safe exercise.



9. Limit or stop drinking alcohol.



5. Eat a diet rich in fruits, vegetables and low-fat dairy.



10. See your doctor regularly to have your blood pressure checked.