

LIVING WITH HYPERTENSION

Tips For Managing High Blood Pressure

If you have high blood pressure (**hypertension**), you already know that it is one of the leading, but most easily controllable, risk factors for heart disease and stroke. By following your doctor's recommendations and using these guidelines for blood pressure control, you can manage your blood pressure and lead a full and active life.

Reduce Sodium

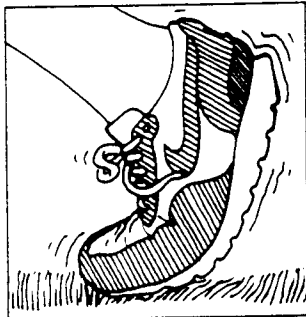
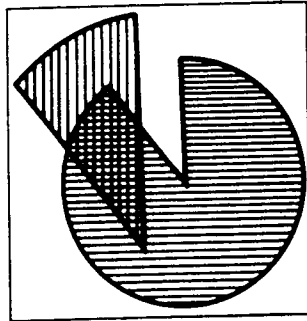
Too much sodium (commonly found in table salt) can aggravate high blood pressure by causing your body to retain excess fluids. These excess fluids can make it harder for your heart to pump effectively and can irritate already sensitive blood vessels. If you suffer from hypertension, you will probably be advised to cut down on added salt and to avoid high sodium foods such as snack chips, processed meats, and cured or smoked products.



Limit Cholesterol And Fats

Too much dietary cholesterol and saturated fats (the kind that stay hard at room temperature) can build up on the inner walls of blood vessels, causing strain on both the heart and the blood vessels themselves.

Limit your daily cholesterol to no more than 100 mg. of cholesterol per 1,000 calories of food. Restrict saturated fats to no more than 10% of your daily calories.



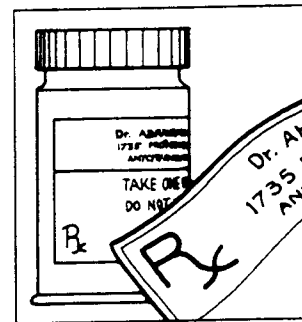
Exercise Regularly

Regular aerobic exercise has been shown to help lower blood pressure as well as raise layers of "protective" HDL cholesterol (the kind that carries

artery-clogging cholesterol out of the blood).

Stop Smoking

If you smoke, stop. Smoking not only raises blood pressure, but also damages arterial walls. Smoking is also linked to higher levels of artery-clogging cholesterol.



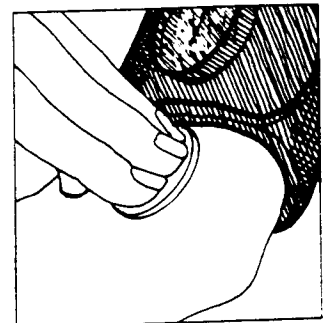
Take Prescribed Medications

If diet and exercise fail to lower your blood pressure to safe levels, your doctor may prescribe daily medication. Take your medication faithfully. If you experience side effects, don't stop your

medication. Instead, notify your doctor who can recommend an alternate type of medicine.

Check Your Blood Pressure Regularly

The importance of regular blood pressure screenings can't be over-emphasized. For those who suffer from high blood pressure, check-ups can help track your progress, evaluate your treatment, and motivate you to continue your blood pressure control program. Blood pressure control does take a commitment of both time and effort, but isn't your health worth it?



©1989 PARLAY INTERNATIONAL

LIVE FOR LIFE®

AT DUKE

Help Yourself

to Better Health!