

High blood pressure or hypertension

We use the term 'high blood pressure' to refer to blood pressure readings above normal (**140/90**). It can damage the brain (stroke), heart and circulatory system in general. If you also smoke, drink alcohol, are overweight, do not exercise, are stressed or eat too much fat, the damage can be much worse.

High blood pressure is a chronic illness you will have for the rest of your life. Your doctor or nurse will help you to learn how to live manage it and maintain a good quality of life.

Lifestyle changes

Many people with high blood pressure manage to control it by simply eating less salt, losing weight and exercising. To eat less salt:

avoid processed and canned foods, bouillon cubes, smoked or cured meats and fish. Cook without salt.

Substitute herbs, garlic, onions, pepper, lemon juice or vinegar for salt. At restaurants ask that no salt be added to your food. When you cook, grill, stew or steam. Use olive oil.



Quit smoking, drink less alcohol. Start an age and health appropriate exercise routine Walk briskly for 30 minutes at least 3 times a week. Learn how to measure your blood pressure. Your doctor or nurse will explain how and which type of monitor is best for your needs.

Medications

If your doctor has prescribed medication for you, you will probably need to keep taking it for the rest of your life. Create a daily routine so you never forget to take your medicine. If you notice that you do not feel well or if you have any questions, always consult your doctor, nurse or pharmacist.



Some medicines, such as aspirin, anti-inflammatory drugs, effervescent tablets or powder, cold medicines, etc. can make your blood pressure rise.

Likewise, if you considering using an herbal, homeopathic or other remedy, talk to your doctor first.