

1 Risks of Uncontrolled Blood Pressure

You can have high blood pressure for a long time without any warning signs. That's why high blood pressure is known as the "silent killer." But during that time, your high blood pressure can be causing damage to your body.



High blood pressure is a chronic disease. This means that even if you take medicines and reach your blood pressure goal, your blood pressure can still go back up. You need to continue your treatment plan in order to help keep your blood pressure under control.³

2 Changing Your Life to Reduce Your Risks

Did you know that over 30% of people with high blood pressure are not under treatment, even though they know their blood pressure is high?¹

Don't take these risks with your own health. Your high blood pressure can be managed. Here are five key ways you can change your life to reduce your risks:⁴

1. **Follow the DASH plan.** The DASH eating plan can help you to control your blood pressure. It is low in salt. It emphasizes fruits, vegetables, whole grains and low fat dairy foods.
2. **Maintain a healthy weight.** If you are overweight, losing even 10 pounds can help reduce your blood pressure. Check with your doctor to find out what a healthy weight is for you.
3. **Cut out the salt.** Reduce your salt intake to no more than 2400 mg, or about one teaspoon per day.

4. **Get regular physical exercise.** Find something you like to do and it will be easier to make the change. Be active for 30 minutes a day. Walking is a simple way to get started.
5. **Limit alcohol intake.** Drinking alcohol can raise your blood pressure. Men should consume no more than two drinks per day, and women should limit to one per day.



3 Benefits of Taking Your Blood Pressure at Home

Monitoring your blood pressure at home is a good way for you to take control of your own health.

Knowing your numbers between doctor visits will help you and your doctor to track your progress toward your blood pressure goal.

There are many kinds of home blood pressure monitors. Ask your pharmacist or doctor to help you choose the one that is easy to use and works well. Take your monitor to the doctor's office to make sure it measures your blood pressure accurately. Write down your blood pressure results in a journal.



Follow these step when taking your blood pressure:⁵

- Avoid alcohol, caffeine, or tobacco products for at least 30 minutes before checking your blood pressure.
- Rest for 3 to 5 minutes before taking your blood pressure. Do not talk.
- Sit in a comfortable position, with your back supported and your ankles and legs uncrossed.
- Place your arm, raised to heart level, on a surface like a table or desk. Sit still.
- Follow the instructions that came with your blood pressure monitor.

