

Taking Care of Your High Blood Pressure

You have been diagnosed with high blood pressure, also known as hypertension. Now, your goal is to keep it under control for the rest of your life. If it is not controlled, it can damage different parts of your body or even cause death.

5 Ways to Manage Your High Blood Pressure:

1. Eat healthy and exercise

- Eat more grains, fruits, vegetables and fish.
- Eat less salt, red meat and sweet foods.
- Exercise for at least for 30 minutes, 4 days a week.

2. Limit alcohol and quit tobacco

3. Reduce your stress

- Do things like dance, listen to music, meditate, or pray.

4. Keep track of your blood pressure numbers

- Find out what the right blood pressure level is for you.
- Take your blood pressure in the morning before taking your medicine, and take it at night before bed.
- Write down your numbers and share them with your doctor.
- Don't smoke, drink coffee, or exercise 30 minutes before taking your blood pressure.

5. Take your medicine

- Ask your doctor about low-cost medicines for high blood pressure.
- Take your medicines even if you are feeling better.
- Tell your doctor if you have any side effects. Some medicines can cause cramping, vomiting or can cause your heart to beat faster. Your doctor can help you control them by changing your medicine or dosage.
- Get your medicines refilled on time.

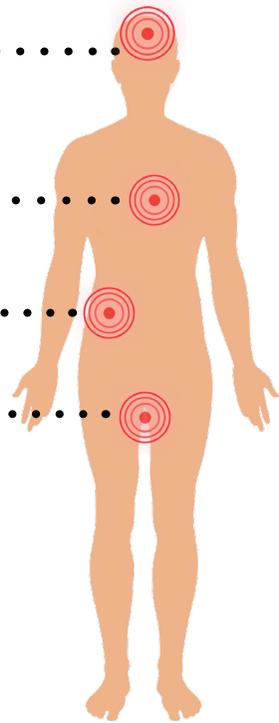
High Blood Pressure Can Cause

A stroke •••••

A heart attack •••••

Kidney problems •••••

Problems having
and maintaining an
erection •••••



Tip for Success

Keep your follow-up appointments with your doctor to check your overall health and treatment plan.



This brief is also available in Spanish. Visit www.ncfh.org to get these materials and to also see a digital story on high blood pressure.

ConsumerReports



NCFH
National Center for Farmworker Health, Inc.