

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 at least for 30 minutes, 4 days a week.

2. Limit alcohol and quit smoking

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.

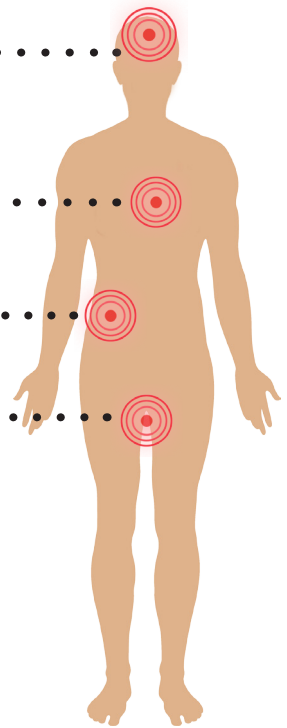
High Blood Pressure Can Cause

A stroke •••••

A heart attack •••••

Kidney problems •••••

Problems having
and maintaining an
erection •••••



	Systolic mm Hg (upper #)		Diastolic mm Hg (lower #)
Normal	less than 120	and	less than 80
Prehypertension	120 – 139	or	80 – 89
High Blood Pressure (Hypertension) Stage 1	140 – 159	or	90 – 99
High Blood Pressure (Hypertension) Stage 2	160 or higher	or	100 or higher



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.



NCFH
National Center for Farmworker Health, Inc.

Your Personal Care Plan for Controlling High Blood Pressure

Action Plan for the Period Of:

Month of

Name _____

Blood Pressure Log

- Measure your blood pressure twice a day—morning and late afternoon—at about the same times every day.
- For best results, sit comfortably with both feet on the floor for at least two minutes before taking a measurement.
- When you measure your blood pressure, rest your arm on a table so the blood pressure cuff is at about the same height as your heart.

Time of Day	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
AM							
PM							
AM							
PM							
AM							
PM							
AM							
PM							
AM							
PM							

Call your doctor if: _____

Exercise

I will increase my physical activity to _____ minutes, _____ times a week.

Call your doctor if: _____

Limit Salt & Eat Healthy

Add plenty of fresh or frozen fruit and vegetables to your daily diet and limit or avoid canned food if possible.

You can also reduce your sodium by eating less cheese, cold cuts & processed meats, pizza, bread, soups, and sandwiches.

Up to 75 percent of the salt and sodium we eat is hidden in processed foods so it is important to check nutrition labels.

7%	Sodium 160mg
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Low Sodium = 5% or less DV of sodium per serving

High Sodium = 20% or greater DV of sodium per serving

Take your medicines

Medicine's Name	How many times	When to take it

Stay in touch

	Phone Number
Doctor	
Nurse	
Specialist	
Pharmacist	

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