

LEARN ABOUT

MANAGING HIGH BLOOD PRESSURE



This fact sheet is for information only and is not meant to be used for self-diagnosis or as a substitute for consultation with a health care provider.

Why You Should Check Your Blood Pressure

- The only way to know if your blood pressure is too high is to measure it
- If your blood pressure is high, taking care of it helps protect your heart and brain
- If you're pregnant or want to be, talk to your doctor about keeping your blood pressure safe for you and your baby

Healthy Habits That Help

- **Move Your Body:** Try to be active every day. It keeps your heart strong
- **Don't Smoke:** Smoking hurts your blood vessels and can cause heart problems.
- **Eat Well:** Choose fresh fruits and vegetables and try not to eat too much salt.
- **Maintain a Healthy Weight:** This helps your heart and lowers your risk of health problems

Make a Plan with Your Doctor

- You and your doctor can create a plan to help you stay healthy
- Bring questions to your visits and ask what's working and what's not

Taking Medicine

- Some people need medicine to help control their blood pressure
- Medicines can help your body get rid of extra water and salt, help your blood vessels relax, help your heart not work so hard, block signals that make blood vessels tighter.
- Take your medicine exactly the way your doctor says and never stop taking it without talking to your doctor first

Medicine: What to Know

- Why take blood pressure medicine? It helps you lower your risk of heart problems, strokes, and more.
- Are there side effects? Most people don't have side effects. Some people might feel dizzy, get headaches, have swelling or stomach aches.
- Some cold medicines can raise your blood pressure, so remember to tell your doctor about all the medicines and vitamins you take

Do I Need Medicine?

- Your doctor will look at your blood pressure numbers over time to decide.
- If you check your blood pressure at home, write down your numbers and share them with your doctor.
- Working together with your doctor helps you stay healthy and strong.