



ACTION STEPS FOR WELLNESS

Take control of your blood pressure



Getting older, having a family history of high blood pressure (HBP), and being African American are risk factors you cannot control. Lower risk factors for HBP that you can control.

Action Step: Get your blood pressure checked at every office visit or at least every two years.

Factors You Can Control	Take Action! Start Today!
Smoking cigarettes	If you smoke, get help to quit.
Drinking too much alcohol	Have no more than: Two drinks a day for men; 1 drink a day for women or if you are age 65 years or older.
Inactivity	Exercise 30 to 60 minutes a day.
Obesity	If you are at a healthy weight, maintain it. If not, get there.
Eating too much salt and sodium	Choose fruits and veggies and other foods prepared without salt. Limit sodium to 2,300 mg per day; 1,500 mg per day if you have HBP, heart or kidney disease, or are African American.
Sleep apnea	Have your doctor test you for this.
Not taking prescribed medications	Take medicines, as prescribed. When your blood pressure is controlled it means your medicine is working, not that you don't need it. Discuss reasons and side effects that keep you from taking your medicines.