

1 Know your numbers. Get your blood pressure (BP) checked at every office visit or at least every year. Normal BP is around 120/80 mm Hg. **What's your BP?**

2 Take prescription medications as directed, even if you feel okay.

3 Find out what over-the-counter medicines are okay for you to take. Ask if you need to avoid grapefruit juice or other foods to prevent drug and food interaction problems.

4 If you are overweight, get help to shed the extra pounds.



Wellthier by the Dozen™

12 Terrific Tips to

CONTROL BLOOD PRESSURE

5 Whittle your middle. Carrying too much weight around your waistline puts you at greater risk of high blood pressure.

6 If you smoke, quit.

7 Do moderate exercise for at least 30 minutes a day. Examples are gardening, brisk walking, and swimming.

8 DASH it down. The Dietary Approaches to Stop Hypertension eating plan lowers blood pressure and the risk of heart disease and stroke. Go to www.nhlbi.nih.gov and search for DASH Eating Plan.

9 Choose foods low in salt and sodium. Buy fresh, frozen, or canned vegetables with no salt.



10 Alcohol can raise blood pressure. If you drink, have no more than two drinks a day (men); one drink a day (women and persons ages 65+).

11 Reduce stress. Take breaks for deep-breathing exercises or other relaxation techniques.

12 If advised by your doctor, keep track of your blood pressure using a home testing device.

