

High Blood Pressure



High blood pressure

- Makes your heart work harder to pump blood
- Has no symptoms and can be dangerous over time
- Can cause damage to your heart, kidneys and brain



High Blood Pressure
>120/80 mm Hg

Your doctor can help monitor your blood pressure



What puts you at risk for high blood pressure?

- A diet high in salt
- Diabetes
- High alcohol consumption
- Family history
- Lack of movement
- Smoking
- High stress



Even with family history, there are certain things you can do to **help lower your blood pressure**

High Blood Pressure



Choose Fats Wisely

Choose more unsaturated fats in your diet. Avocados, fish, nuts, vegetable oils are some good sources.



Limit Salt Intake

Processed, packaged and restaurant foods may be higher in salt. Choose fresh foods when you can.



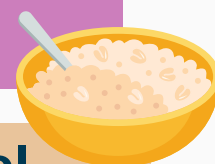
Eat More Potassium

Enjoy more bananas, potatoes, lentils, tomatoes, and avocado to help your heart.



Fuel Up with Fiber

Beans, nuts and oatmeal help reduce cholesterol which can decrease blood pressure.



Limit alcohol

- Males: No more than 2 drinks per day
- Females: No more than 1 drink per day

Lifestyle Helpers!

- **Manage stress.** Stress can increase blood pressure
- **Take medications as prescribed** by your doctor
- **Move** as you can. Your heart gets stronger and can pump better when you move
- **Stop smoking** or cut back

