

tipsheet

Tips for Lowering Blood Pressure

Controlled blood pressure reduces the risk of heart attack and stroke. Medications are just one option for reducing high blood pressure.

Try these tips and you may see results in a few weeks.

1. Know your numbers.

The best way to know your blood pressure numbers is to have your doctor check them. If your pressure is 140/90 or higher, you may have high blood pressure. In certain situations, your doctor may suggest that you aim for lower blood pressure levels.

2. Control your blood pressure at home, if your physician suggests it.

Ask your doctor to recommend a blood pressure device. Once you have one, ask your physician to show you how to use it appropriately.

Take measurements at the same time every day, but do not take them immediately after waking up or within 30 minutes after eating, exercising, smoking, or drinking alcohol or caffeine. Write down your measurements and share them with your doctor at each visit. Bring your device, too, so your doctor can make sure it is working properly.

3. Make changes in your diet.

Aim for 1,500 mg of sodium per day. Check food labels for sodium content. Try to choose foods that have 200 mg or less of sodium per serving. Limit the foods with high sodium content, such as salsa, soy sauce, salad dressings, cold cuts, and prepackaged foods. Include Dietary Approaches to Stop Hypertension (DASH) in your diet. DASH suggests that each day you eat try to include: at least 4 servings of fruits and vegetables; 2-3 servings of low-fat dairy products; and no more than 171 grams of lean meat.

4. Lose weight.

Losing as little as 10 pounds can reduce your blood pressure. Talk to your doctor about an eating plan, such as the DASH diet, tailored to your needs.

5. Exercise regularly.

Physical activity has many benefits. Try to get at least 30 minutes of planned physical activity, 5 days a week. Find ways to increase your physical activity: take the stairs instead of the elevator, walk instead of watching TV.

6. Quit smoking.

The nicotine in tobacco products can raise your blood pressure by up to 10 points for up to one hour after smoking. Ask your doctor for help to quit smoking. Avoid being around others who smoke.



7. Beware of caffeine.

Not all people have high blood pressure. After 30 minutes of drinking caffeine, you may need to reduce it. There is a lot of caffeine in coffee, tea and some soft drinks.

8. Reduce your stress levels.

Identify the sources of stress in your life and consider what changes you can make to reduce stress. Try a stress-reducing activity, such as tai chi, yoga, meditation, or deep breathing exercises.

9. Limit alcohol use.

Drinking too much alcohol can increase blood pressure and reduce the effectiveness of blood pressure medications. Limit alcohol intake to two drinks per day for men and one drink per day for women. One drink is equal to 355 ml of beer, 148 ml of wine, or 44 ml of liquor.

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o el tratamiento de condiciones médicas específicas. Debe buscar atención médica inmediata para cualquier problema de salud específico y consultar a su médico antes de comenzar

un nuevo régimen de ejercicios.



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