



Managing High Blood Pressure



Overview

If your doctor says you have high blood pressure, you need to get it under control. It's important for your health. So take it seriously. Prepare to make some changes in your lifestyle. Medications may help, too. Here are some things that will make a difference.

Eat a heart-healthy diet

First, you need to eat a heart-healthy diet. That means eating nutritious foods and limiting saturated and trans fats. You'll want to eat fresh fruits and vegetables, whole grains and lean meats. Get the recommended amounts of potassium and fiber. Ask your doctor how much salt you should have, as you may need to cut back. Drink plenty of water. And don't consume more calories than you need each day.

Manage your weight

Next, if you are overweight or obese, get your weight under control. Losing weight can be hard for everyone, so talk to your doctor about weight loss strategies.

Get active

You also need to get up and get moving. Regular physical activity is great for your health. So try to get at least 30 minutes of exercise on most days. If you're out of shape, start slowly and work your way up to this goal.

Stress management and other tips

Chronic stress is bad for your heart. So take steps to reduce stressful things in your life. Limit your alcohol consumption. And if you're a smoker, you need to quit. If you're having trouble quitting, ask your doctor about things you can do to make quitting easier.

Medications

And finally, there are a few types of medications that can lower your blood pressure. Your doctor may recommend one for you.

Conclusion

If you follow your doctor's advice and focus on your health, you can manage your blood pressure effectively.