

TAKE CONTROL OF YOUR Blood Pressure

Blood pressure is the pressure inside your arteries that is generated by your heart to keep blood running throughout your body. If this pressure is higher than normal, or stays high for a long time, you may have high blood pressure, or hypertension. If left unchecked, high blood pressure can lead to health problems, such as heart failure, kidney failure, stroke and other diseases.

LIFESTYLE FACTORS AFFECTING BLOOD PRESSURE

- Obstructive sleep apnea
- Alcohol
- Smoking (cigarettes, vaping, hookah)
- Non-steroidal anti-inflammatory agents (ibuprofen, naproxen)
- Antacids containing sodium
- Caffeine
- Oral contraceptives
- Cyclosporine and tacrolimus
- Decongestants (ephedrine)
- Amphetamines
- Cocaine
- Steroids

HOW YOU CAN LOWER YOUR BLOOD PRESSURE

Change	How does change affect blood pressure?	How much does blood pressure drop?
Weight Loss	Blood pressure drops about 1 mmHg for each kilogram lost. (1 kg equals about 2.2 pounds.)	Depends on amount of weight lost
Healthy Diet (DASH or Mediterranean Diets)	Diets rich in fruits, vegetables, whole grains and low-fat dairy, with reduced saturated fat and total fat, can lower blood pressure.	About 11 mmHg
Reduced Sodium (Na)	Ideally, try to eat less than 1,500 mg of sodium (salt) per day. Aim to reduce sodium by about 1,000 mg per day from when you start your diet changes. The average American consumes about 4,000-4,500 mg of sodium each day.	About 5-6 mmHg
More Potassium (K)	Try to consume about 3,500-5,000 mg of potassium per day, unless you have a medical condition (kidney failure) in which you should avoid potassium.	About 4-5 mmHg
Exercise	Moderate aerobic exercise (walking) is recommended for at least 90-150 minutes per week.	About 5-8 mmHg