

HYPERTENSION made simple

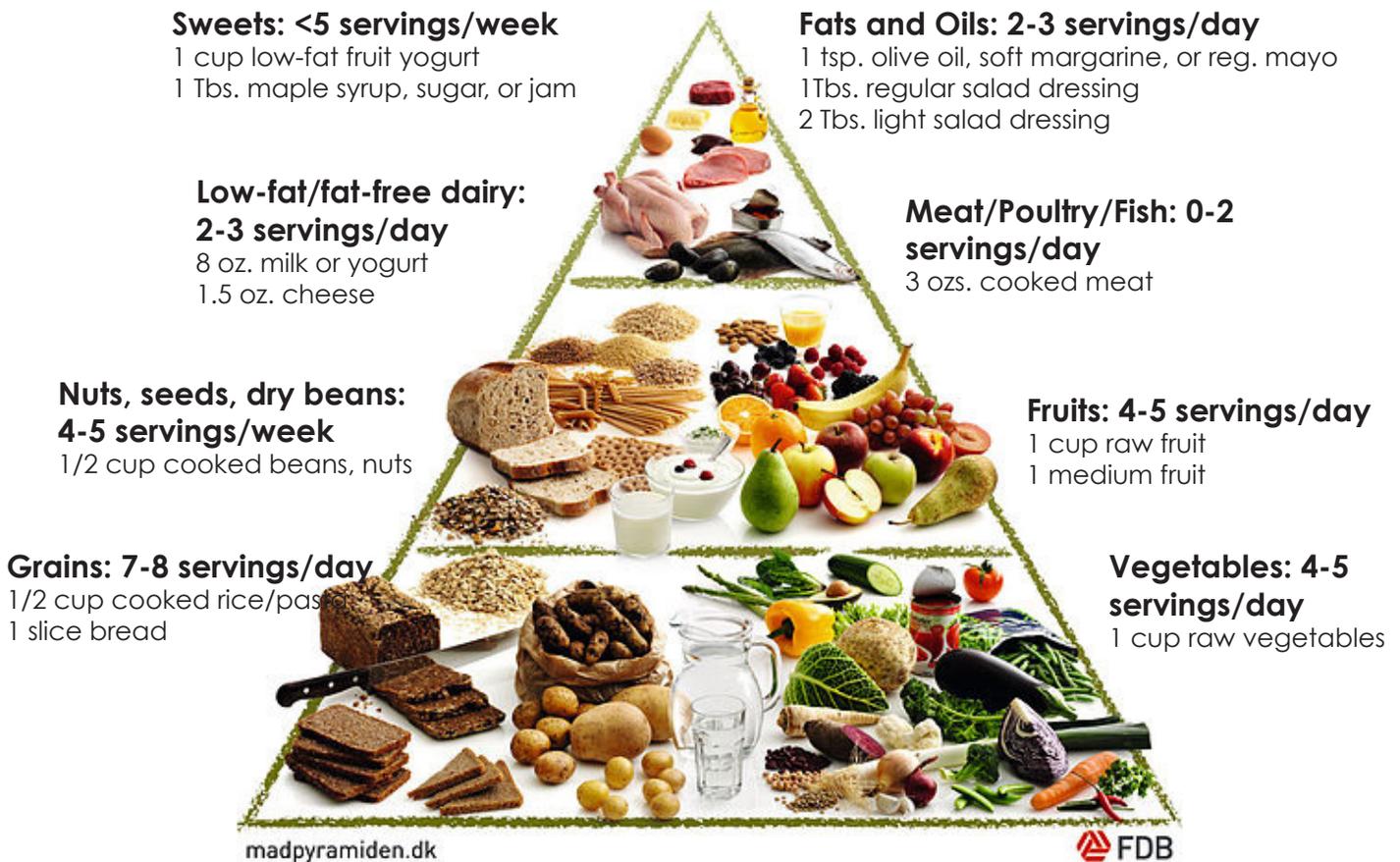
What is normal blood pressure?

$$\frac{110}{75} - \frac{120}{80}$$

How do I manage my blood pressure?

1. **Regular annual check-ups.** Includes screenings for sugar level, cholesterol, kidney and heart function.
2. **Take your blood pressure medications regularly.** DO NOT miss any doses!
3. **Quit smoking.** It's the #1 way to prevent vascular disease.
4. **Maintain a healthy body weight.** Exercise regularly every day for at least 45 minutes.
5. **Reduce salt intake.** Limit intake to 1 teaspoon a day and then slowly reduce to 2/3 teaspoon a day.
6. **Limit alcohol intake.** Maximum 2 drinks a day for men and 1 drink a day for women. A drink is equal to one 12-ounce beer or four ounces of wine.
7. **Reduce stress.** Do yoga, tai-chi, meditate, or simply take a vacation.
8. **Start on healthy diet.** Follow the DASH diet model.

What is a DASH diet?



1. More (fresh) fruits, vegetables, and low fat dairy products.
2. Cut back on high fat content food high in animal fats, and cholesterol.
3. Cut back on carbohydrates. Oatmeals and brown rice are ok!
4. More whole grain products, fish, and self-cooked food.
5. Less red meats (especially processed food) and sweets. Limit to 6 ounces meat a day. Try to have vegetarian meals more.
6. Less snacking during the day. The best snack options are unsalted pretzels/nuts, raisins, low fat yogurt, unsalted popcorn with no butter, and hummus with fresh vegetables are good too.
7. Eat more food rich in Mg, K, calcium. Good examples are spinach, kale, squash, pumpkin seeds, fish soy beans, brown rice, avocados, bananas, also DARK Chocolate.
8. Eat 3 times a day. Do not skip! Have your last meal around 6pm.
9. Try to stay away from grapefruit juice when you take medications. Avoid grape juice when taking: Statins (Lipitor, mevacor, Zocor, vytorin), calcium blocker (Procardia, plendil, nitredipine, adalat), pain meds (methadone), viagra, and anti arrhythmic (cordarone).