



Keeping your blood pressure under control

Hypertension (high blood pressure) affects nearly half of American adults. Although high blood pressure usually doesn't cause any symptoms, it increases the risk of heart disease and stroke. Fortunately, it can be controlled, and your risk can be reduced.



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Balanced information for better care

Decrease salt in your diet

- Most of the salt (sodium) we eat comes from **processed or restaurant foods**.
- “Fast foods” are often extremely salty.
- **Don’t automatically add salt** at the table. The more you get used to food with less salt, the better it will taste.
- **Read nutrition labels** to find out how much salt (“sodium” on the label) is in a serving.
- **Eat or drink less than a total of 2,300 mg of sodium per day** if you have high blood pressure.
- **Pay attention to serving size.** If a food package is 2 servings and you eat the whole package, multiply the sodium content by the number of servings. For the label shown below, 650 mg x 2 servings = 1,300 mg sodium. That would be more than half the recommended daily intake of salt.

Nutrition Facts			
Serving Size 3 oz. (85g)			
Serving Per Container 2			
Amount Per Serving			
Calories	200	Calories from Fat 120	
% Daily Value*			
Total Fat	15g		20 %
Saturated Fat	5g		28 %
Trans Fat	3g		
Cholesterol	30mg		10 %
Sodium	650mg		28 %
Total Carbohydrate	30g		10 %
Dietary Fiber	0g		0 %
Sugars	5g		
Protein 5g			
Vitamin A	5%	•	Vitamin C 2%
Calcium	15%	•	Iron 5%
*Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.			
	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg

Be sure to read nutrition labels for sodium content.

I have high blood pressure. What can I expect?

Hypertension usually doesn’t cause any symptoms. However, no symptoms doesn’t mean it isn’t dangerous. Hypertension can lead to cardiovascular disease, the number one cause of death in the United States. The only way to tell if you have it is to have your blood pressure measured.

Talk to your healthcare professional about what a healthy blood pressure target is for you.

What can I do?

These tips can help you take control of your blood pressure.

1. Take medications as prescribed
2. Eat healthy foods
3. Increase physical activity
4. Reduce sodium
5. Maintain a healthy weight
6. Don’t smoke
7. Limit alcohol

Checking your blood pressure at home:

- Use a validated monitor (see **ValidateBP.org** for a listing).
- Record readings. A log like **qrco.de/BP_log** can help.



Eat healthy foods

The DASH diet was developed specifically to lower blood pressure. Information about the DASH diet can be found at qrco.de/DASH_diet.

EAT MORE +	EAT LESS -
<ul style="list-style-type: none">• whole grains• fruits & vegetables• poultry, fish & lean meat	<ul style="list-style-type: none">• salt• sugars & sweets• alcohol• fats

Increase physical activity

Physical activity can help lower your blood pressure.

- Aim to exercise 3-4 days per week.
- Start slow and try to exercise 30-60 minutes per session, to get to at least 150 min (2.5 hours) per week.
- Try different activities such as walking, running, cycling, swimming, or dancing—whatever you enjoy.

You're more likely to stick with something you like. Make it social and invite a friend.

Maintain a healthy weight

Eating a healthy diet and increasing physical activity can help you maintain a healthy weight and be a safe way to lose additional weight, if needed.

Limit alcohol

Too much alcohol can increase your blood pressure. Limit alcohol use to two or fewer drinks per day if male and one or fewer drinks per day if female.

Don't smoke

Smoking increases your risk of heart attack and stroke. For help quitting, call **1-800-QUIT-NOW** or visit **smokefree.gov**.

Do I need medication?

Many people need one or more medications to achieve their blood pressure goal. These medications are safe, effective, and affordable, and have been studied in tens of thousands of patients over many decades.

Taking prescribed medications will reduce your risk of heart attack, stroke, kidney disease, and death.

If you have side effects or concerns regarding medication, talk to your healthcare professional about your options.



More information

For more about a healthy diet and what you can do to control your blood pressure: AlosoHealth.org/Hypertension

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These are general recommendations only; specific clinical decisions should be made by the treating clinician based on an individual patient's clinical condition.

AlosaHealth.org

PACE

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