

# NOVEMBER WELLNESS

## PREVENTING & MANAGING HYPERTENSION



*Healthy lifestyle choices can help prevent and manage hypertension (high blood pressure). Preventing and managing hypertension is important to lower your risk for heart disease and stroke.*

Lifestyle choices that help **prevent hypertension** include:

**Eat a Healthy Diet.** Talk with your health care provider about foods that help lower blood pressure. DASH (Dietary Approaches to Stop Hypertension) can also help. Click here for information: [DASH Eating Plan](#)

**Maintain a Healthy Weight.** Talk to your doctor about having your body mass index calculated. If this measurement shows that you are overweight or obese, your risks for hypertension are higher.

**Stay Physically Active.** *It is recommended that adults get approximately 30 minutes of physical activity, 5 days per week. Staying active can help lower hypertension and help maintain a healthy weight.*

**Avoid Smoking.** Smoking increases high blood pressure and puts you at a higher risk for heart attack and stroke. For information on quitting, click here: [Smoking and Tobacco Use Information from CDC](#)

**Limit Alcohol.** Too much alcohol can raise your blood pressure. It is recommended that women do not have more than 1 drink per day, and men do not have more than 2 drinks per day. For more information, click here: [Alcohol and Public Health Information from CDC](#)

**Get Enough Sleep.** Getting enough sleep can contribute to keeping your heart and blood vessels healthy.

Steps to **manage hypertension** include:

**Regularly Measure Your Blood Pressure.** Checking your blood pressure regularly is important, as high blood pressure often does not have visible symptoms.

**Manage Diabetes, if you have diabetes.** Over half of those with diabetes, also have hypertension. Be sure to talk with your health care provider to determine if you have diabetes, and to learn ways to manage it if you do have it.

**Take Your Medicine, if prescribed to you by your doctor.** Be sure to follow your health care provider's instructions on taking any medication that is prescribed to you.

**Make Lifestyle Changes.** Choices such as being physically active and eating healthy can help lower blood pressure. For more information, click here: [Prevent and Manage High Blood Pressure](#)

**Talk with Your Health Care Team.** Keep communication open with your health care provider and care team.

For additional information on preventing and managing hypertension from the Centers for Disease Control and Prevention, click here: [Prevent and Manage High Blood Pressure](#)