



You Can!

Manage Your Blood Pressure and Stay Heart Healthy



February is American Heart Month

High blood pressure is a major risk factor for heart disease and stroke. When your blood pressure stays within healthy ranges, you reduce the strain on your heart, arteries, and kidneys which keeps you healthier longer. If you learn that you have high blood pressure, you can take steps to control your blood pressure and stay heart healthy.

Take Your Medicine. If you take medicine to treat high blood pressure or other health conditions, follow your health care professional's instructions carefully. Always ask questions if you do not understand something, and never stop taking your medicine without talking to your doctor or pharmacist first, as this could lead to serious health consequences.

Make Lifestyle Changes. If you have high blood pressure, you can help lower it by being physically active, eating a healthy diet, and making other lifestyle changes.

Talk with Your Health Care Team. You and your health care team can work together to prevent or treat the medical conditions that lead to high blood pressure. Discuss your treatment plan regularly and bring a list of questions to your appointments.

Monitor your blood pressure at home. Because high and elevated blood pressure often have no symptoms, checking your blood pressure is the only way to know for sure whether it is too high.

Tips to accurately manage your blood pressure with a home monitor:

- Measure at the same time every day.
- Avoid food, caffeine, tobacco, and alcohol for 30 minutes before taking a reading.
- Sit quietly before and during monitoring.
- Make sure your arm is resting and raised to the level of your heart.
- Keep a blood pressure journal.

Source: Adapted from Heart.org, MayoClinic.org and CDC.org

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