

HIGH BLOOD PRESSURE

The Risks and Remedies

As common as it is, high blood pressure (HBP) is a serious condition that can escalate quickly. HBP is sometimes hereditary, but it can be managed with lifestyle changes.



THE RISKS

- ▶ Causes damage to arteries, which reduces blood flow
- ▶ Leads to irregular heart rhythms, chest pain or even heart attacks
- ▶ Causes dementia from blocked arteries that supply blood to the brain
- ▶ Leads to kidney disease or failure (Approximately 1 out of 5 adults with HBP have chronic kidney disease)

THE REMEDIES

- ▶ Eat a healthy diet
- ▶ Exercise regularly
- ▶ Cut back on caffeine
- ▶ Limit sodium intake
- ▶ Reduce stress
- ▶ Quit smoking
- ▶ Monitor blood pressure at home and see your doctor regularly
- ▶ Get support from family and friends