Blood Pressure Analysis

Not Hypertensive

* Moderate your salt intake and reduce eating greasy food. Be sure to exercise 3 times per week for at least 30 minutes. Also avoid smoking and excessive alcohol consumption and do a yearly blood pressure checkup.

Pre-hypertensive

* Moderate your salt intake and reduce eating greasy food. Be sure to exercise 3 times per week for at least 30 minutes. Also avoid smoking and excessive alcohol consumption and go for a blood pressure checkup every 6 months.

Stage 1 hypertensive

* Low salt low fatty food diet, exercise 3 times per week, no smoking and no alcohol. Ensure medications are taken. Do not default from clinic visits, that is, keep ALL doctors’ appointments. Do recommended blood tests 1-2 times per year
* ECG once per year
* Get eyes tested once per year
* Get a blood pressure machine and monitor blood pressure or get annual medical checkups.

Stage 2 hypertensive

* Comply with medication, eat more vegetables, do more exercise, get adequate sleep, get checkups at least every 6 months

Stage 3 hypertensive

* Check yourself into a clinic or hospital immediately. You are at serious risk.
* If left untreated, your risk of dying from diseases increases and you may die within 10 months.
* Follow your prescribed blood pressure medication strictly.
* Get checkups at least every 3 to 4 months.