**Some tips to keep your health: Blood Pressure**

**1. Low-salt Diet:** A dietary approach that involves reducing salt intake, which helps lower sodium levels in the body, reduce fluid retention, and ultimately lower blood pressure. It is recommended to consume no more than 6 grams of salt per day.

**2. Avoid Smoking:** Refraining from smoking is crucial for blood pressure control. Smoking narrows blood vessels, increases the workload on the heart, and raises the risk of hypertension. Quitting smoking improves vascular function and reduces the risk of high blood pressure.

**3. Reduce Stress:** Stress reduction techniques, such as exercise and meditation, are beneficial for lowering blood pressure. Managing stress decreases sympathetic nervous system activity, reduces the strain on the heart, and helps maintain a healthy blood pressure level.

**Literature Review：**

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**Interview：（Cheng Li，professor）**

**1. What factors in our daily lives do you believe might influence our blood pressure?**

Answer: There are many factors that can affect blood pressure, such as dietary habits and exercise routines, but I believe dietary habits are the most important. To maintain healthy blood pressure, I always a***void eating foods that are rich in oil and spices***.

**2.Are there any simple ways we can maintain cardiovascular health in our daily lives?**

Answer: My approach is to pay attention to ***dietary habits and reduce stress.***Avoiding dwelling on bothersome issues can help lower blood pressure and calm one's mood.

**3. For those looking to improve their lifestyle, what suggestions would you have?**

Answer: First and foremost, I believe one's mindset is crucial. No matter what I encounter, I never put too much pressure on myself, truly embodying the philosophy of 'not being overly joyed by external gains, nor overly saddened by personal losses', ensuring emotional stability. Secondly, it's important to restrain one's desires, and avoid overindulging in food and drink, and excessive entertainment. Being a calm and balanced person in this way contributes to better health and longevity.

**4. How do you view the relationship between stress in modern life and health?**

Answer: If an individual is under excessive stress from life or studies, their health will be affected. However, having no stress at all can also lead to problems. Without any pressures, one might feel empty and aimless, which can also lead to health issues, such as imbalances in one's energy and blood circulation."

**5. Can you share some strategies to help control and manage blood pressure?**

Answer： Eat more light and bland foods, drink more porridge, eat less barbecue and hot pot, restrain the urge to binge eat and drink, reduce stress, and it's best to avoid tobacco and alcohol.

**6. In daily life, what measures would you recommend people take to prevent chronic health issues?**

Answer：As I mentioned earlier, pay attention to your dietary habits and avoid binge eating and drinking. Stay in a good mood, and when necessary, go to the hospital for a comprehensive physical examination. When faced with overwhelming challenges in studies or life, it's okay to let go when needed. Don't harm your health for these goals.

**（Wang Jianguo）Restaurant Manager**

**1. What factors in our daily lives do you believe might influence our blood pressure?**

Answer: First and foremost, it's **dietary habits**! Since my hometown in China is in Sichuan, I love eating hot pot. As a result, my blood pressure is high. I've also been a smoker for over two decades, consuming a pack of cigarettes every two days. My wife often urges me to quit, but I just can't. I know these habits are bad, but I can't seem to change them. So, now I'm constantly advising my son to exercise restraint and maintain his health.

**2. Are there any simple ways we can maintain cardiovascular health in our daily lives?**

Answer: First and foremost, try not to smoke and avoid excessive alcohol consumption. Nicotine and alcohol are harmful to the body. Next, pay attention to your diet and ***eat lighter meals***. I think light Cantonese cuisine is healthier, especially in a hot place like Brisbane.

**3. For those looking to improve their lifestyle, what suggestions would you have?**

Answer: Firstly, moderate your diet and try to ***eat light foods***, reduce unnecessary social interactions, return to a peaceful life, and quit smoking and drinking.

**4. How do you view the relationship between stress in modern life and health?**

Answer: When I work in a restaurant, the pressure is quite high, but earning money gives me motivation. However, sometimes the boss would criticize my work, and at those moments, ***I feel very stressed***. Students who don't have to work might be more relaxed, ha-ha.

**5. Can you share some strategies to help control and manage blood pressure?**

Answer: **Eat a light diet**, avoid tobacco and alcohol, and use medication as necessary for treatment.

**6. In daily life, what measures would you recommend people take to prevent chronic health issues?**

Answer: In daily life, to prevent chronic health issues, I recommend people maintain ***a balanced diet***, engage in regular physical exercise, ***avoid smoking*** and excessive alcohol consumption, and have regular health check-ups.