

Managing Your Blood Pressure At Home

What is high blood pressure?

Your heart pumps blood around your body. Blood pressure is the force of blood against your blood vessels as it circulates through your body. This force is necessary to make the blood flow, delivering nutrients and oxygen throughout your body. However, high blood pressure, also called hypertension, means there is too much pressure in your blood vessels. This can damage your blood vessels and cause health problems.

Understand your numbers

There are two blood pressure measurements. **Systolic pressure** is the higher blood pressure measurement. It occurs when your heart contracts. **Diastolic pressure** is the lower pressure measurement, and it occurs when your heart relaxes and fills with blood.

What should your blood pressure be?

Most people, including those with kidney disease	Less than 140/90 mmHg at the doctor's office (Less than 135/85 mmHg at home)
People age 80 years or more	Less than 150/90 mmHg at the doctor's office
People with diabetes	Less than 130/80 mmHg

If your home blood pressure number is different from the doctor's office, let your health care provider know.

Should you monitor your blood pressure?

Anyone can develop high blood pressure, but it becomes more common as you get older. Whether or not you have high blood pressure, it is important to have your blood pressure checked regularly. High blood pressure has no warning signs or symptoms- which is why it is a ~~%~~ silent killer. Therefore, blood pressure needs to be measured regularly.

High Blood Pressure is VERY common.

If either the systolic or diastolic number is consistently high, you need to make changes to your lifestyle. You may need further monitoring and drug treatment.

What can I do about high blood pressure?

In most cases blood pressure can be prevented and controlled. To prevent hypertension or better control your blood pressure you can make lifestyle changes:

- ✓ Get regular physical activity
- ✓ Eat a healthy diet
- ✓ Eat less sodium
- ✓ Lose weight or maintain a healthy weight
- ✓ Avoid excess alcohol
- ✓ Stop smoking and avoid places where other people smoke
- ✓ Lower stress

Measuring, tracking and recording your blood pressure regularly can be very useful.

This information helps your doctor know whether you are at risk of developing hypertension, and how well your blood pressure is controlled. If you have been diagnosed with high blood pressure, keeping track

helps you see the benefits of treatment and lifestyle changes. It also reminds you to stick to your treatment plan.

Buying a blood pressure monitor

Blood pressure monitors can be bought at most pharmacies. Ask your health care provider to help you choose the right size cuff. Approved monitors will have the heart check+logo on them.



Blood Pressure Medication

Most people with high blood pressure will need 2 or more pills together with lifestyle changes to lower blood pressure. Even when your blood pressure is under control, live a healthy lifestyle:

- Medicine only works if you take it
- Do not stop taking your medication without talking to your health care provider first unless you have an allergic reaction e.g. rash or difficulty breathing

For a healthy, low sodium (salt) diet, choose the following more often:

- ~ Fresh fruits and vegetables
- ~ Low fat milk products
- ~ Whole grains
- ~ Lean meat, fish and poultry
- ~ Use herbs and spices to flavour food . cut down on salt at the table and in cooking
- ~ Read food labels and buy brands with 5% or less Daily Value (DV) of sodium per serving

Avoid the following:

- ~ Fast food, restaurant and packaged food
- ~ Food high with a 5% or more Daily Value (DV) of sodium per serving, sugar, saturated or trans fat
- ~ Use of condiments such as ketchup, mustard, soy sauce, gravies and salad dressing high in sodium
- ~ Cured/smoked meats or fish

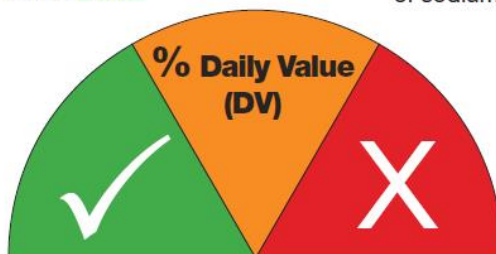
Nutrition Facts		
Serving Size 1.2 oz. (34g)		
Servings Per Container 1		
Amount Per Serving	As Served	% Daily Value
Calories 38	Calories from Fat 0	
Total Fat 0g		0%
Saturated Fat 0g		0%
Cholesterol 0mg		0%
Sodium 120mg		5%
Total Crap 0g		0%
Dietary Fiber 0g		0%
Sugars 0g		0%
Protein 0g		0%
Vitamin A 270%	Vitamin C 10%	
Calcium 2%	Iron 0%	
Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:		
	Calories	2,000 2,000
Total Fat	Less than 65g	80g
Salt Fat	Less than 20g	80g
Cholesterol	Less than 300mg	300mg
Sodium	Less than 2,400mg	2,400mg
Total Carbohydrate	30g	375g
Dietary Fiber	25g	30g

The % Daily Value tells you whether there is a little or a lot of sodium in a food item. Compare similar foods & pick the product with the lower amount of sodium.

Choose % Daily Value of 5% or less
Try not to choose % Daily Value of 15% or higher

5% DV
of sodium is a **little**

15% DV
of sodium is a **lot**



Content from:

https://www.hypertension.ca/images/2014_EducationalResources/2014_ManagingYourBloodPressure_E_N_P1005.pdf