

## What Can Raise Your Blood Pressure?

Are you concerned about what might increase your blood pressure? There are quite a few things that can factor in to raising your blood pressure. Luckily you can fix many of these with a few lifestyle changes.

If you do not watch your blood pressure frequently, you might not even be aware that you have it. It can creep up on you or just increase over the years. It all depends on many different factors.

If you are overweight you are at an increased risk of developing high blood pressure. You might already know this and you might not. If this is the case for you, consult your doctor and see what he might recommend for you. Losing at least ten pounds can significantly lower your blood pressure.

An unhealthy diet or lack of physical activity or exercise can also put you at risk for high blood pressure. Try to exercise at least thirty minutes a day even if you have to space the time out. Eating less salt and more vegetables and fruits can help lower your blood pressure as well. Try to incorporate this into your present diet and you will see the results rather quickly.

Stress plays a huge factor in high blood pressure and unfortunately everyone is stressed at some point in their lives. If you deal with a high amount of stress, consider relaxation techniques. Do whatever you can that you know will calm you down and help relieve stress.

Using tobacco and alcohol raise your blood pressure. If you use either of these consider quitting. If you are unable to quit right away, limit your consumption of alcohol and use of tobacco. There are many over the counter and prescription products to help rid your self of these habits. Talk with your doctor of any concerns you might have.

Medical conditions also factor into high blood pressure along with your lifestyle. Kidney disease can result in high blood pressure as well as cause it. Sleeping disorders that interrupt your breathing during sleep will also raise your blood pressure. Talking with your doctor about your condition could benefit your disorder along with your blood pressure.

Certain medications and drugs can also raise your blood pressure. Certain types of anti-depressants will do this as well as certain cold medicines. Be aware of oral contraceptives, nasal decongestants, anorexia drugs and steroids. These can possibly raise your blood pressure as well so talk with your doctor before taking any of them if you are concerned.

While you can control most of the factors that raise your blood pressure there are some you cannot. For instance your race; African Americans are more prone to high blood pressure, people over fifty-five are at a higher risk, and your family history can play a role in your blood pressure as well. While you cannot control these factors you can easily try to help decrease your risk. Watch your diet, exercise, lifestyle habits, etc. Over time this may be very beneficial to you.

High blood pressure can cause strokes and even heart and kidney diseases. Leading a healthier life style can help you live longer and enjoy your time in a healthy state. Talk with your doctor about any questions or concerns you may have concerning your blood pressure. It is never too late to take control.