

What Should You Know If You Have High Blood Pressure?

If you are battling high blood pressure there are some things you will want to know. First thing you want to understand is what the numbers mean. Your blood pressure will read with a top and bottom number. The top is your systolic pressure and the bottom number is your diastolic pressure.

Normal blood pressure is 120/80 so if your blood pressure reads 130/90 you are at risk for developing high blood pressure. This reading is called prehypertension which is basically a stage before developing high blood pressure.

By having your blood pressure checked and monitored often you can easily lower it where it needs to be. The best way to do this is by maintaining or adopting a healthier lifestyle. Have you always had normal blood pressure until recently?

If this is the case, consider what you have recently started doing different that may have caused it to rise. Did you change your diet? Have you been exercising less? Maybe you are on a medication; some medications can cause your blood pressure to rise.

If you do have high blood pressure you can easily monitor it at home if you choose. If you do this you still want to keep your regular doctor visits. You can share your own results and you can both see what is and isn't working for you.

If you are on other medications consult your doctor. Chances are one of these could be raising your blood pressure and you want to take control as soon as possible. If your blood pressure gets too high without proper treatment you are at more risk of having a stroke or heart and kidney diseases.

If you have recently changed your diet you should talk to your doctor, especially if your blood pressure has risen since then. Lots of salt and sodium can cause high blood pressure and not enough fresh fruits and vegetables. If this is the case, try to limit your salt intake and get more vegetables in your diet.

Also physical inactivity can be a cause for high blood pressure. Have you recently stopped doing regular every day physical activity? If so, consider starting again. You might have stopped because of an inevitable reason; broken bone, etc. If this is the case talk with your physician. Together you can find a way to still get a little bit of physical activity in your daily routine.

You also want to cut off or limit your use of tobacco and alcohol consumption.

Many people do not realize these cause high blood pressure. There are many over the counter medicines and even doctor prescribed medicines to help you quit smoking. There are also many different resources to help you quit drinking.

If your doctor prescribes blood pressure medicine for you, you want to be sure and remember to take it. Some people are bad at remembering to take medication. There are many different ways you can help yourself remember.

You take the risk of a stroke or heart disease by not taking your blood pressure medication. This should be reason enough to take your medicine, but sometimes people just forget. While it sounds like reason enough, if you are not used to taking daily medication it is rather easy to forget.

If you have certain questions or concerns talk with your doctor. They will gladly answer any questions you have and do their best to get your blood pressure at a normal rate again.