

Options for Dealing with High Blood Pressure

If you are battling high blood pressure do not be discouraged. Did you know that as many as seventy two million people in the U.S. 20 and older have high blood pressure? Twenty eight percent of these do not even know they have it.

Some people do not worry about their blood pressure until they get older. While this might make sense to an extent, it is never too early to monitor your blood pressure. If you have a family history of high blood pressure, you want to start right away.

How many people wait until they are diagnosed with something before attempting to prevent it or cure it? Too many. By taking control of your blood pressure today you can prevent a stroke or developing heart or kidney disease later in life.

When you are young you might be more active than when you get older. Try to stay active and if you aren't, get active. All it takes is thirty minutes a day of physical activity or exercise to control your blood pressure and better your health.

Eat healthy foods. Try to stay away from salty and fatty foods. Salt increases your blood pressure and fatty foods might cause weight gain, which causes high blood pressure as well. Try to eat more vegetables and fresh fruits. You might find you like more than you thought you would.

Stress can cause high blood pressure but there are so many ways to de-stress. Do you have a favorite hobby that has no stress? If so, try to do this every time you feel yourself overwhelmed or stressed out. You will be surprised at the wonders it can do.

If you take medications talk with your doctor to make sure they aren't affecting your blood pressure. Certain medications can raise your blood pressure. Antidepressants, cold medicines, oral contraceptives, steroids, even nasal decongestants might be affecting your blood pressure without your knowledge.

If you are unsure of your family history, check it out. If you have a family history of high blood pressure chances are you will end up with high blood pressure as well. If you are aware of this early on, you can start monitoring and controlling your blood pressure before it gets a chance to become high.

There are many different kinds of blood pressure medications if you are unable to see results with regular lifestyle changes. Sometimes these medications are

needed along with a regular healthy diet and exercise to be more effective.

The best thing you can do is talk with your doctor. They can suggest something that will help you control your blood pressure and even prescribe you some medication. If you start medication be sure you tell them of any other medicine you are taking as well.

You want to be in charge of your health and not wait until something happens to take that control. When it comes to your health you can never be too late so start as early as you can. You are never alone when it comes to dealing with your blood pressure and other health issues.