

## Benefits of Early Blood Pressure Monitoring

Did you know that your blood pressure increases as you age? By taking control of your blood pressure at an early age you can have the benefit of a longer healthy life. In this article you will find ways to monitor your blood pressure and the benefits that come with it.

If you are unable to have regular check ups at your doctor's office, you can purchase a blood pressure monitoring device. If you have a history of having high blood pressure a monitor is a great way to keep an eye on it.

Since blood pressure increases with age it is best to start monitoring it as early as possible. Many young people do not worry about things like this, but if your family history involves high blood pressure, it is best to start now.

The first thing when monitoring your blood pressure is to know what makes it increase. The following are just a few things that can cause it to increase.

### Smoking and Alcohol

Tobacco use and alcohol can drastically increase your blood pressure. The best way to prevent this is to sustain from using tobacco or drinking alcohol. If you do not desire to do this, you can try limiting your use of tobacco and alcohol consumption. If you have tried quitting either before there are many available resources to help aid you in completely quitting.

### Overweight

Being overweight will also drastically increase your blood pressure. If you can try to lose at least ten pounds this will help significantly.

### Physical Inactivity

Do you exercise regularly? If not, you might want to start doing so. Exercise can help lower your blood pressure. Try doing at least thirty minutes of physical activity every day. If you cannot set aside thirty minutes at one time, try doing ten minutes at a time. As long as you get thirty minutes a day you will see results.

### Stress

Yes, stress can raise your blood pressure. If you find yourself stressed every day, consider doing something to help you relax and de-stress. Meditation or a

similar relaxation technique will do wonders with dealing with stress.

#### Your Diet

If you have an unhealthy diet, this could be the cause of your blood pressure increase. Try to limit your salt intake and introduce more fresh fruits and vegetables in your diet. Read nutrition labels and try to eat less fat, etc.

#### Sleeping Disorders

Sleeping disorders can raise your blood pressure because your breathing is interrupted while you're sleeping. You can fix this by talking with your doctor about medication to help you sleep. There are many available medicines that have proven to be effective in helping sleeping disorders.

#### Over-the-counter drugs, substances and supplements

Some over the counter medicines and other supplements can trigger high blood pressure. Specifically antidepressants, cold medicines, oral contraceptives and nasal decongestants. If you are worried about a certain medication you are currently taking, consult your doctor. Ask any and all questions you may have concerning your blood pressure.

By watching all this you can stay away from the risks of high blood pressure including stroke and heart or kidney disease. It is never too late to start taking care of your health.