

Why Do We Develop High Blood Pressure?

You might wonder why you and everyone else develop high blood pressure. While you might develop it you can easily lower or control it. The best way to prevent developing it is to keep a close eye on it from the beginning.

Older adults may be more prone to developing high blood pressure but if you start at a young age you can prevent it easier. There are a few things you want to watch for that cause high blood pressure. This is why we develop high blood pressure because we are not aware of what is causing it.

Weight plays a major role in developing high blood pressure. Overweight people are more likely to develop high blood pressure but do not be discouraged. Losing as little as ten pounds can help your blood pressure significantly.

Once you lose a measly ten pounds just imagine how much easier it will be to lose even more. A great way to keep losing and maintain a healthy weight is by a healthy diet. Your diet factors in to developing high blood pressure as well.

High amounts of salt and sodium intake can cause high blood pressure. Try to limit your meals on salt and opt for other seasonings instead. There is a wide variety of seasonings available so you are sure to find something you really like.

Also try to incorporate fresh fruits and vegetables into your diet. Eating more of these will help your blood pressure not to mention you will feel healthier as well.

Do you use tobacco or drink large amounts of alcohol? If so, this could be why you have developed high blood pressure. Both of these can raise your blood pressure so if possible try to quit or at least cut back on your use and consumption. This will significantly help lower or maintain a normal level of blood pressure.

African Americans are more prone to develop high blood pressure. It starts at an early age and can be more severe. African Americans also have a higher death rate from kidney disease and stroke than white Americans. Even so, you can still treat high blood pressure effectively.

Do you exercise regularly? If not you might be at risk for developing high blood pressure than those that do regular exercise. Luckily you can easily fix this by doing physical activity for at least thirty minutes a day. You might say, "I don't have thirty minutes a day to set aside." While you may not have thirty

minutes all at once to set aside, you could probably find it easier to set aside ten minutes at a time.

If you find yourself stressed very easily over anything and everything you could easily develop high blood pressure. Yes, stress is a factor of high blood pressure. Stress is very common for many people but easily treatable. Is there something you enjoy doing that relaxes you?

Consider picking up a hobby that you find relaxing and lets you de-stress. Do this whenever you feel stressed to the max and do it often. Keeping your stress level low will help keep your blood pressure low as well.

Last but not least, certain medications can cause you to develop high blood pressure. Are you on medications? You might consider talking with your doctor about their side effects and if they cause high blood pressure. Every time you start a new medication you want to ask your doctor about this.

It is never too late to take better care of your health so consider starting today. Keeping control of your blood pressure will help lower your risk of a stroke or heart and kidney disease. Talk with your doctor about any concerns or ask any questions you might have.