

<i>Client:</i>	<i>Date:</i>
<i>Clinician:</i>	

High blood pressure is called the silent killer. This is because many people who have it don't know it. Normal blood pressure is less than 120/80. Know your blood pressure and remember to check it regularly. Here are some things you can do to help control your blood pressure.

- **Choose heart-healthy foods**
 - Select low-salt, low-fat foods
 - Limit canned, dried, cured, packaged, and fast foods. These can contain a lot of salt.
 - Eat 8–10 servings of fruits and vegetables every day.
 - Choose lean meats, fish, or chicken.
 - Eat whole-grain pasta, brown rice, and beans.
 - Eat 2–3 servings of low-fat or fat-free dairy products
- **Maintain a healthy weight**
 - Ask your healthcare provider how many calories to eat a day. Then stick to that number.
 - If you are overweight, weight loss of only 10 lbs can help lower blood pressure.
 - Limit snacks and sweets.
 - Get regular exercise
- **Get up and get active**
 - Choose activities you enjoy. Find ones you can do with friends or family.
 - Park farther away from building entrances.
 - Use stairs instead of the elevator.
 - When you can, walk or bike instead of driving.
 - Be active for at least 30 minutes a day, most days of the week.
- **Manage stress**
 - Make time to relax and enjoy life. Find time to laugh
 - Visit with family and friends, and keep up with hobbies.
- **Limit alcohol and quit smoking**
 - Men: Have no more than 2 drinks per day.
 - Women: Have no more than 1 drink per day.
 - Quit smoking if you are currently a smoker.
- **Medications**
 - If lifestyle changes aren't enough, your healthcare provider may prescribe high blood pressure medicine. Take all medications as prescribed.

Publication Source: Hypertension: Controlling the Silent Killer (Harvard Special Health Reports), Blood Pressure Basics, 2007

Online Source: National Heart, Lung and Blood Institute
[<http://www.nhlbi.nih.gov/hbp/hbp/intro.htm>]

Online Source: American Heart Association
[<http://www.americanheart.org/presenter.jhtml?identifier=2133>]

IMPORTANT NOTICE

Contact the on-call nurse if you are experiencing any change in your current health condition.
For ALL emergencies requiring IMMEDIATE medical attention, call 911.
Teachingsheet-hypertension/09-09