



Tips to Lower Blood Pressure



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Dine out with less salt

One of the most effective ways to lower blood pressure is to reduce your sodium intake. Learn to recognize menu terms that indicate a preparation might be high in sodium, including: pickled, smoked, au jus, teriyaki, soy sauce, and broth

Follow the DASH diet

The American Heart Association suggests following the DASH (Dietary Approaches to Stop Hypertension) eating plan.

Check your medicines

Medications can also be a source of sodium. For example, some headache and heartburn medications are high in sodium carbonate or bicarbonate.

Risk factors you can control

Overweight: A larger body requires more blood, which puts more pressure on the blood vessels.

Sedentary lifestyle: Lack of activity causes the heart to work harder to pump blood, increasing blood pressure. Exercising for 30 minutes 3-5 times a week can lower your blood pressure.

Tobacco use: Smoking causes the arteries to narrow, increasing blood pressure.

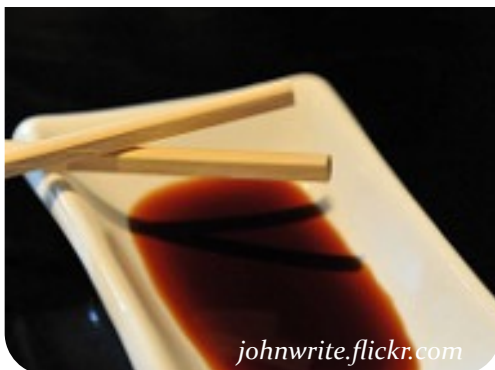
Low potassium intake: Potassium balances sodium; without adequate potassium intake, sodium levels increase.

Excess alcohol use: Too much alcohol over time can damage the heart, making it pump harder to work effectively.

Stress: High levels of stress increase heart rate, which causes blood to be pumped more rapidly through the body.



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