

MANAGING HYPERTENSION

MEASURE BLOOD PRESSURE

- Keep a daily blood pressure log
- Take at the same time everyday
- Take at least two measurements, 1-2 minutes apart



LIFESTYLE CHANGES

- Get physical Exercise
- Stop smoking
- Eat healthy
- Keep a healthy weight



MEDICATIONS

Medications can treat high blood pressure by:

- Removing excess salt and water
- Relaxing your blood vessels
- Allowing your heart to beat with less force

MANAGE RELATED HEALTH CONDITIONS

Diabetes
Obesity
Anxiety or Stress
Chronic Kidney disease

RESOURCES



ABOUT HIGH BLOOD PRESSURE



RISK FACTORS



PREVENTION



MANAGEMENT

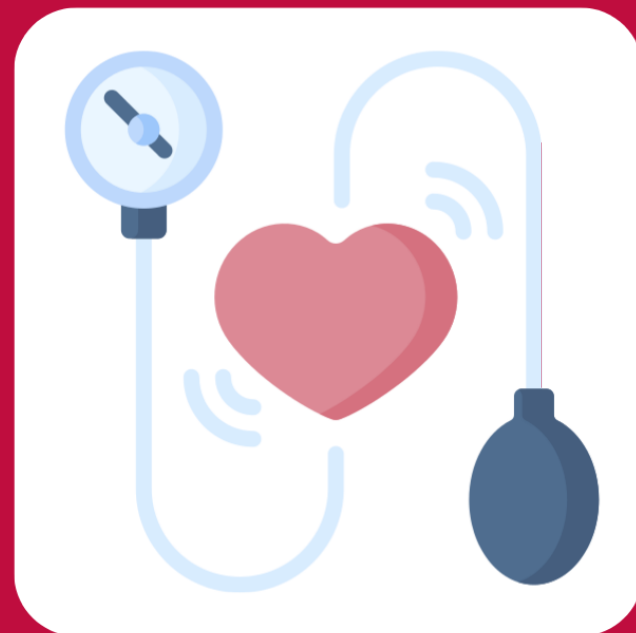


STUDENT RUN FREE CLINIC
USASRFC@GMAIL.COM
251-289-1288

USA HEALTH
UNIVERSITY OF SOUTH ALABAMA

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HIGH BLOOD PRESSURE BOOKLET



READ MORE TO FIND OUT

This pamphlet is for informational purposes only and is not intended to be a substitute for professional medical advice, diagnosis, or treatment.