



Living with Hypertension

Tips to control hypertension

These materials are intended for informational purposes only, and not as a substitute for professional medical advice. Always seek the advice of a qualified health provider for a medical diagnosis and before starting or changing any course of treatment.

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Hypertension also referred to as high blood pressure is a medical condition in which the blood pressure is elevated. Hypertension can be classified as either essential (primary) or secondary.

Essential hypertension indicates that no specific medical cause can be found to explain a patient's condition. Secondary hypertension indicates that the high blood pressure is a result of another condition, such as kidney disease.

The NIH defines normal blood pressure as < 120/80. Above this and up to 140/90 is defined as pre-hypertensive and anything above that is considered hypertension. People in the pre-hypertensive category can entirely control their blood pressure with lifestyle changes, without the need for medication.

If you are pre-hypertensive or have hypertension, the following will help you reduce and keep your blood pressure under control.

Reduce salt: Keep your salt intake to less than 1500mg per day and increase your potassium intake to 4500mg or more per day.

Lose weight, if you are overweight: The blood pressure can fall by 10 mm/Hg for each 20 lbs of weight that is reduced. Try to burn off about 500 calories a day through reduced food intake and exercise. This will help you lose 1 lb per week.

Reduce saturated fat & increase fruits and vegetables: Eat 3 cups of vegetables and 2 cups of fruit everyday. Use fruits, not juices. Make half your grains whole. Skip the beef or lamb in favor of chicken or fish. For ideal health, your fat intake should be < 25% of your total calories, proteins should be around 20% of your calorie intake and carbs (preferably complex carbs) should form about 50% of your daily calorie intake. Keep your cholesterol consumption under 150mg/day and your fiber intake above 30gms per day.

Drink plenty of water: The minimum for a healthy person is 35-50 fl ounces per day. We recommend roughly about 0.5 fluid ounce per pound of body weight per day.

Exercise: Try for atleast 30 mins of physical activity every day. Use stairs instead of elevator and walk instead of using your car wherever possible.

Quit smoking: Smoking is a big contributor for high blood pressure. It is never too late to quit smoking. Stop smoking and your body will start healing right away.



Health Support Systems (HSS) helps people who are living with diabetes, obesity, hypertension or heart disease better manage their conditions through a combination of online self-monitoring tools, education and qualitative analysis, while reducing cost for care givers, employers and insurance providers.