



BLOOD PRESSURE MANAGEMENT FOR PEOPLE WITH HYPERTENSION

Hypertension is also known as high blood pressure, and is a condition in which the body's arteries have consistently elevated blood pressure. The force of the blood against artery walls is high enough that it may eventually lead to health problems, such as heart disease. The more blood your heart pumps and the narrower your arteries, the higher your blood pressure will be.

Tools:

- [Hypertension information](#)
- [Free Blood Pressure Screenings by the Red Cross in the Peoria Area](#)

Things you can do to manage hypertension:

- Lifestyle changes and/or medication therapy
- Exercise: at least 30-60 minutes most days of the week
- Sodium restriction: even a small restriction can make a big difference
- Limit alcohol, tobacco, and caffeine
- Cut down on stress
- [DASH diet](#)
- Talk to your healthcare provider to find techniques that will work for you!

More about Hypertension:

- [Controlling hypertension](#)
- [Risk factors for developing hypertension](#)
- [Healthy Recipes for people living with hypertension](#)
- [Ways to control hypertension without medication](#)

Related Links:

- [Assess your risk for developing hypertension](#)
- [Center for Disease Control \(CDC\) High Blood Pressure page](#)
- ["Sneaky" salt in your diet](#)