

- If your blood pressure is higher than 140/90 mm Hg on more than two or three occasions, you have high blood pressure.
- Untreated high blood pressure can lead to strokes, heart attacks, heart failure, or kidney failure.
- Treatment will lower blood pressure and prevent many of these problems.

1. If you are overweight

Lose weight – 0.5 -1Kg per week: avoid rigid diets. Weight loss is the single most effective non-drug method for lowering blood pressure and helping to correct other risk factors for heart disease like diabetes and abnormal amounts of cholesterol in the blood.

2. Monitor your diet regimen

- **Reduce Salt Intake** — Avoid processed foods, canned soups, tomato juice, and obviously salty foods such as pickles, etc. – avoid foods with more than 150 mg of sodium in each portion.
- **Eat more fruits and vegetables** — eating a vegetarian diet may reduce high blood pressure and protect against developing high blood pressure. A strict vegetarian diet may not be necessary; eating more fruits and vegetables and low-fat dairy products may also lower blood pressure.
- **Eat more fiber** — eating an increased amount of fiber may decrease blood pressure. The recommended amount of dietary fiber is 20 to 35 grams of fiber per day. Many breakfast cereals are excellent sources of dietary fiber.
- **Eat more fish** — Eating more fish may help to lower blood pressure, especially when combined with weight loss.
- **Caffeine** — Caffeine may cause a small rise in blood pressure, although this effect is usually temporary. Drinking a moderate amount of caffeine (less than 2 cups of coffee per day) does not increase the risk of high blood pressure in most people.

3. Exercise Regularly

You do not have to jog or run – walking for 30–45 minutes 3–4 times a week, climbing extra stairs, participating in sports that you enjoy will help to reduce your heart attack risk and may lower blood pressure.

4. Moderate Alcohol Intake

limit your intake to 1–2 drinks a day.

5. Stop Smoking

If you are one of the decreasing numbers of people who still smoke. This may not lower your blood pressure but it will eliminate one of the most important heart attack risk factors.

Numerous studies have demonstrated that lowering even a slightly elevated blood pressure will reduce the risk of stroke, heart attack, or kidney failure. Most people with hypertension will need some medication to lower blood pressure to normal levels. There are many safe and effective medications available.

If you are put on medication, take it. It won't do you any good in the medicine cabinet.

If you develop a reaction to a medication or you are unable to afford it,

- Talk to your doctor.
- Don't just stop taking it.
- Check with the person who is treating you, not with a TV anchorperson. Most blood pressure-lowering drugs do not cause significant side effect.

Ask What Your Blood Pressure Is

If it doesn't decrease to below 140/90, discuss a change in the treatment program with your doctor.

More than 80–85% of people with high blood pressure can have it controlled. Remember, the complications of high blood pressure that used to happen years ago are becoming less and less common as more and more people are being treated for this disease. But also remember,

treatment doesn't just mean taking pills or changing your diet—it means getting your blood pressure down to below 140/90 and even lower if you have diabetes or heart disease.



Advice for Patients with Hypertension

For any questions or clarification please call your cardiologist or the cardiology outpatient clinic at the extension: 1700

Contact info:
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ext: 1700

What you need to know

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