



How can I lower my high blood pressure?



If you have high blood pressure, please have this sheet with you for your next appointment with a health care provider from Casa.

Visit your health care provider

Visit your health care provider at Casa on a regular schedule, usually every 3 to 6 months. They will help you create a plan to control your blood pressure over time.

At your appointment, ask these questions and write the answers here:

What are my numbers?

My blood pressure now: /

My blood pressure goal: /

How can I check my blood pressure at home?

How often should I check my blood pressure at home?

times each

Do I need to take medicine to lower my blood pressure?

Yes

Name of medicine

No

Maybe

Notes

Take the medicine your health care provider prescribes

Medicine can lower your blood pressure and lower your chance of heart disease and stroke.



Take your medicine every day exactly as your provider tells you to – even on days your blood pressure reading is normal



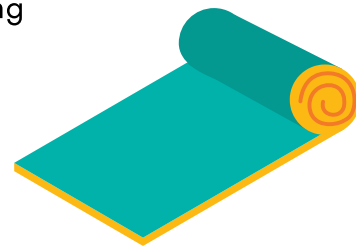
Tell your provider if your medicine causes side effects that bother you, such as an upset stomach or muscle pain – they may adjust your medicine



Find ways to lower stress

It's normal to feel stressed sometimes. But feeling stressed often, over long periods of time, can raise your blood pressure. Try these tips:

- Do something you enjoy every day, even for a short time
- Do breathing exercises before bed or whenever you feel stressed during the day – breathe in for a count of 4, then slowly breathe out for a count of 6
- Try yoga or meditation



Move your body for 30 minutes on most days

Find ways to add movement that you enjoy, such as to:

- Take a walk or ride your bike
- Work in the garden
- Dance while you cook
- Play outside with your kids or grandkids



Follow a heart-healthy meal plan

Work with your doctor or a dietitian to make a healthy eating plan and:

- Eat more fruits and vegetables such as apples, oranges, chiles, and peppers
- Eat less junk food such as chips, fast food, or sweets
- Eat lean meats such as fish, chicken, or pork loin
- Have less than 2300mg (about 1 tablespoon) of salt each day
- Limit alcohol: no more than 1 drink a day for women, and 2 drinks a day for men



How can Casa de Salud help?



Casa offers in-person or telehealth appointments on weekdays, evenings, and weekends.

- To schedule an appointment, call Casa de Salud at 314-977-1250.



Casa can also give you resources to learn more.

- To learn about high blood pressure, visit: casadesaludstl.org/resources
- To learn more about high blood pressure, visit these websites and in the Search box, enter the topic you want, such as "high blood pressure", "healthy eating", or "stress":

- American Heart Association – heart.org
- Mayo Clinic – mayoclinic.org



CASA de SALUD