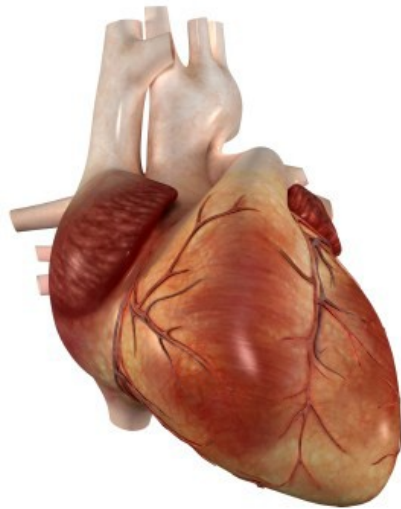


# High Blood Pressure

- High blood pressure is also called **hypertension**.
- It means that your heart is working too hard. Over time, high blood pressure can damage your arteries and organs.
- This can cause heart attack, stroke, kidney disease, circulation problems, nerve damage, and eye problems.



Normal Blood Pressure = less than 120/80

## **Blood Pressure Goals:**

People with diabetes and/or high blood pressure = less than 140/90

# You can lower your blood pressure!

- **Being active**

Goal: at least 30 minutes 5 days a week.

- **Stop smoking**

Smoking increases your blood pressure.

- **Medications**

Take medications prescribed by your doctor. Some people need more than one because the medicines work in different ways.

- **Stress management**

Relaxing yourself helps relax your blood vessels, too.

- **Food**



- Have at least half a plate of vegetables with every meal.



- Choose fresh fruit instead of packaged snacks.



- Limit salt:
  - Choose fresh herbs, spices, Mrs. Dash, and onion or garlic powder.
  - Avoid Sazón, Adobo, onion salt or garlic salt.
  - Cut down on packaged, canned, and restaurant food.



- Choose low-fat or nonfat dairy (milk, cheese, yogurt).



- Choose lean meats like fish, chicken, and turkey.
- Grill, roast, or broil instead of frying.