

SMART HEALTH: TOOLS FOR MANAGING HYPERTENSION

BLOOD PRESSURE MANAGEMENT STRATEGIES

There are numerous effective strategies for managing high blood pressure, including lifestyle changes, which not only promote overall wellness and reduce discomfort but also help prevent the progression of the disease and associated complications.



Medication Management

- Take medications as prescribed by your medical provider & discuss side effects/concerns.
- Seek financial assistance with a provider instead of taking less medicine than prescribed.
- Set reminders for dosing.

Sleep

- Aim for 7–9 hours of quality sleep to allow the cardiovascular system to rest and recover.
- Maintain a regular sleep schedule and a sleep-friendly environment.

Physical Activity

- Engage in at least 150 minutes of moderate aerobic activity per week.
- Perform strength training exercises 2–3 times per week.

Nutrition

- Follow a heart-healthy diet, such as the DASH eating plan. Consume fruits, vegetables, whole grains, lean proteins, and low-sodium foods.
- Limit processed foods, added sugars, and saturated fats.

Smoking Cessation

- Quit smoking to lower blood pressure, reduce stress on blood vessels, and decrease the risk of heart disease.
- Seek support through cessation programs, counseling, or nicotine replacement therapies if needed.

Blood Pressure Tracking

- Monitor blood pressure regularly at home using an accurate device.
- Maintain a log to share with the medical provider.
- Learn about the target blood pressure range and work with the provider to stay within it.

Stress Reduction

- Practice relaxation techniques like deep breathing, meditation, prayer, or progressive muscle relaxation to calm the mind and reduce stress-induced blood pressure rises.
- Prioritize self-care, take breaks, and add enjoyable activities to your routine.