

Hypertension

Understanding Blood Pressure and Hypertension

- Blood pressure: the force of blood pumped from your heart to your organs and tissues
- Hypertension: high blood pressure, damaging blood vessels and leading to health problems
- Affected by lifestyle factors, diabetes, health conditions, obesity, etc.

Measuring Blood Pressure at Home

- Take at the same time daily
- Avoid smoking and caffeine for 30 minutes beforehand
- Sit with feet flat and back supported for 5 minutes
- Avoid distractions and record the measurement
- Watch video for correct technique: <https://hypertension.ca/how-do-i-monitor-my-bp/>

Diet and Blood Pressure

- Limit sodium to less than 2000mg/day
- Choose low-sodium foods and season with spices and herbs
- Increase potassium with veggies, fruits, low-fat milk, and beans
- Follow the DASH diet (high veggies and fruits, low red meat and added sugars)

Lifestyle Factors and Blood Pressure

- Smoking: negatively impacts blood pressure; talk to your provider about cessation programs
- Alcohol: limit consumption to 2-3 beverages/week
- Physical activity: aim for 150mins/week in 10min intervals

Online Resources

- <https://hypertension.ca/>
- <https://www.heartandstroke.ca/heart-disease/risk-and-prevention/condition-risk-factors/high-blood-pressure>
- <https://www.healthlinkbc.ca/illnesses-conditions/heart-health-and-stroke/high-blood-pressure-0>