

## **Blood pressure**

This handout describes how to lower your blood pressure, including drugs that may help.

### **Keep a good blood pressure**

- High blood pressure can cause a heart attack, stroke, or kidney problems
- You can have high blood pressure and not even know it
- Below 130/80 mm Hg is a good number (ask your doctor)
- Check your blood pressure often

### **Change your lifestyle**

- Do not smoke
- Do not drink alcohol
- Eat a heart healthy diet
- Keep your cholesterol low and check it each year

### **Check your blood pressure often**

- Ask your doctor what blood pressure is too high or too low for you
- Have it checked each time you visit the doctor or nurse
- Get a home blood pressure kit so you can check it at home
  - Check at least once a week
  - Keep a record to show your doctor

### **Drugs for high blood pressure**

- Your doctor may want you to take one or more of these kinds of drugs
  - Diuretics (water pills)
  - ACE inhibitors
  - Angiotensin receptor blockers (ARBs)
  - Beta blockers
  - Calcium channel blockers
  - Alpha-adrenergic blocker
  - Centrally acting agents

## **Blood pressure (cont)**

### **Take your drugs the right way**

- Take your drugs the way your doctor tells you to take them
- Do not miss a dose
- Do not stop taking a drug without asking your doctor first
- Call your doctor if you have side effects
- If you have any questions, ask your doctor

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The content in this letter is intended as general information and may not apply to you or your condition. Talk to your doctor about how to best use this information and how to take care of your medical condition. This information is not intended to provide or replace professional medical advice or services.

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