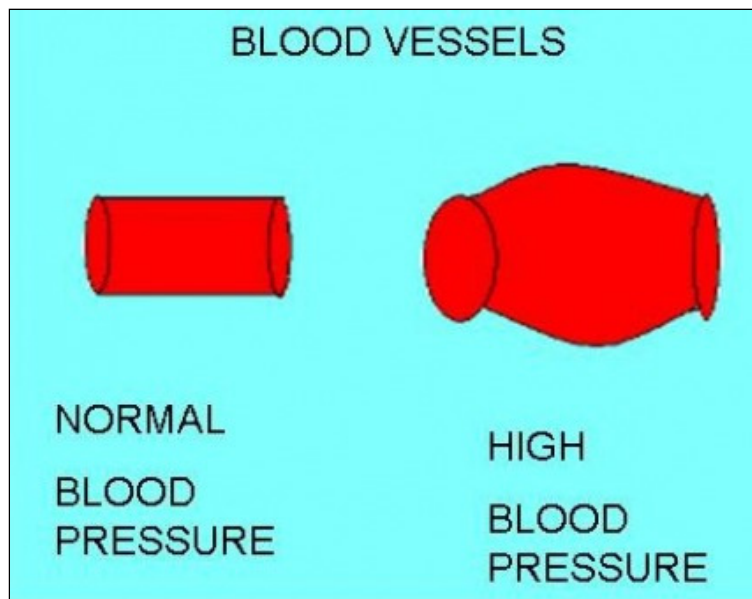


Health Literacy Now

[Home Page](#)[Disclaimer](#)[Survey](#)

To know more, go to www.healthliteracynow.org

What is high Blood Pressure?



Hypertension (high-per-ten-sion) is another word for high blood pressure.

Heart pumps blood to all parts of the body. The pipes or tubes that carry this blood are called blood vessels. High blood pressure is when blood moves through these pipes or blood vessels at a very high pressure.

What are the signs of high Blood Pressure?

High Blood Pressure does not cause any signs or symptoms. Most people do not know that they have high blood pressure. They find out when their doctor checks their blood pressure. Some people find out only when high blood pressure damages their body organs such as the heart.

How do I know that I have high Blood Pressure?

You must visit your doctor to check your blood pressure. If your blood pressure is normal then you check it again every 1 to 2 years. If it is high then you need to check it more often.

Why do people have high Blood Pressure?

There are many causes of high blood pressure. In most people no cause is found.

- *You have a high risk of high blood pressure if

- *You eat a salty diet.

- *Old age.

*A close relative with high blood pressure.

*Some medical problems such as kidney disease can also cause high blood pressure.

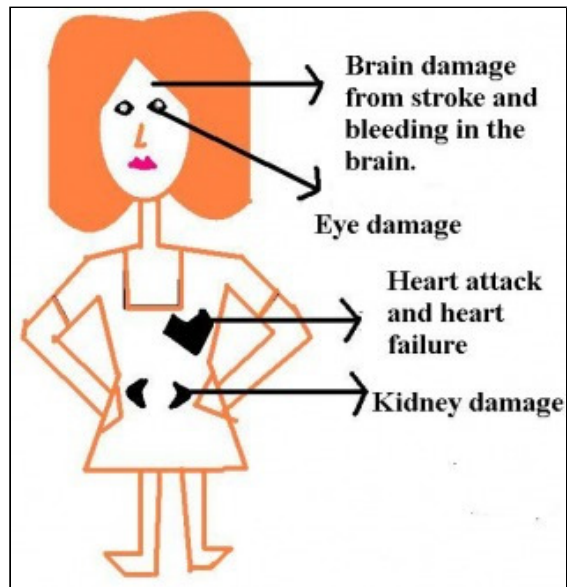
Do I need tests for Hypertension or high Blood Pressure?

Yes, your doctor will order some tests for you.

What are the long term risks of high Blood Pressure or Hypertension?

High blood pressure is very dangerous to health. It can cause

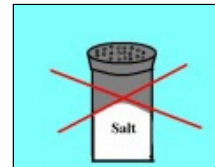
1. [Brain Damage](#)
2. [Bleeding in the brain.](#)
3. [Eye Damage.](#)
4. [Heart Attacks.](#)
5. [Heart Failure.](#)
6. [Kidney Failure.](#)
7. [Death.](#)



How can I lower my Blood Pressure?

There are many simple ways to lower blood pressure

*Eat a [diet low in salt](#).



*[Exercise daily](#).



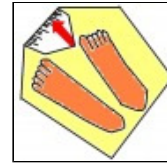
*[Stop smoking](#).



*[Avoid alcohol](#).



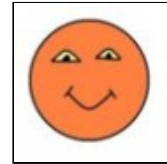
* [Reduce weight](#).



* [Eat more fruits and vegetables](#).



* Try to [relax](#).



* [Take your pills](#) for high blood pressure.



How do I lower salt in my diet?

* Cook [without salt](#).

* Eat [home cooked meals](#).

* [Read the food label](#). If it says there is [sodium](#) in it then [avoid](#) it.

* [Avoid cheese and buttermilk](#).

* [Avoid salted nuts, chips, popcorn, pretzels, crackers and salty snacks](#).

*[Avoid pickled vegetables and fruits.](#)

*[Eat fresh or frozen vegetables and fruits.](#)

*[Avoid instant soups](#) and [instant foods.](#)

*[Avoid canned vegetables, meats and fish.](#)

*[Avoid soy sauce, horse radish sauce, other prepared sauces and salad dressings.](#)

*[Avoid fast foods](#)

*[Avoid smoked, salted or cured meat, fish or poultry. Avoid bacon, ham and corned beef.](#)

If you have more questions please talk to your doctor.

Create a [free website](#) with [Weebly](#)