

# HIGH BLOOD PRESSURE



## HIGH BLOOD PRESSURE

puts you at risk for heart attack, stroke, and other health problems. Work with your doctor to **keep your blood pressure under control**. This may help you avoid problems later.

For treatment information, lifestyle tips, patient interviews, and more, visit:

[www.1on1health.com](http://www.1on1health.com)





## Learn About High Blood Pressure

If you have high blood pressure, you may feel fine. But **high blood pressure is serious. It's called a "silent killer."** It puts you at greater risk for health problems.

Blood pressure is the force of blood against artery walls. Arteries are one type of blood vessel. They carry blood from the heart to the body.

Blood pressure goes up and down through the day. **When it stays up over time, it's called high blood pressure.** It's also called hypertension (HI-per-ten-shen).

### High blood pressure dangers

High blood pressure makes the heart work harder. This can lead to:

- Heart attack
- Heart failure
- Stroke
- Kidney disease
- Other health problems

Work with your doctor to manage high blood pressure. You may need to make lifestyle changes. You may need drugs, too. You'll learn about dealing with high blood pressure in this booklet.

## 1ON1 WITH PATIENTS



*Karen took high blood pressure seriously when she heard it was "a silent killer." Hear more from Karen and other patients at [www.1on1health.com](http://www.1on1health.com).*

## Know Your Numbers

Blood pressure is made up of two numbers:

<b>120</b>	→	<b>The force of blood when the heart beats</b>
<b>80</b>	→	<b>The force of blood when the heart relaxes</b>
<b>120/80</b>	→	<b>Your doctor will say 120 over 80.</b>

Your doctor will want to know both numbers. Both are important.

<b>If your pressure is:</b>	<b>Then:</b>
<b>Less than 120/80</b>	Your blood pressure is normal.
<b>Between 120/80 and 139/89</b>	You're at risk for high blood pressure. Lifestyle changes may help. Your doctor will work with you to set your blood pressure goals.
<b>140/90 and above</b>	Your blood pressure is high.

Your doctor may want you to check your blood pressure yourself. If so, write down your numbers each time. Share them with your doctor.

## LOOK, LISTEN & LEARN™



**Visit [www.1on1health.com](http://www.1on1health.com) to see how to check your blood pressure.**

Get more at [www.1on1health.com](http://www.1on1health.com)



## Treating High Blood Pressure

Treatment for high blood pressure depends on how high it is and if you have other health problems.

Lifestyle changes may help lower high blood pressure. Your doctor may tell you to:

- Eat well.
- Lose weight.
- Cut down on salt.
- Exercise.
- Stop smoking.

You can read more about lifestyle changes later in this booklet.

Your doctor may prescribe one or more drugs if lifestyle changes don't work.

### Types of medicines

Several kinds of drugs help lower blood pressure. There are treatments that...

#### Reduce fluid

These drugs help get rid of extra fluids and sodium, which helps your blood pressure go down.

#### Act on your heart rate

These drugs block chemicals that make the heart beat faster. They help the heart to beat more slowly and with less force. This causes blood pressure to fall.

#### Help blood flow more freely

Some drugs expand blood vessels. They also help your heart and blood vessels overall. They can help protect the kidneys if you have diabetes, too.

#### Block calcium from the heart

These drugs block calcium from the heart and blood vessel muscle cells. Calcium makes these muscles squeeze shut. When calcium is blocked, these muscles don't squeeze as much. Blood vessels relax, so the heart gets more blood and oxygen. This helps lower blood pressure.

You may need to **stay on medicine long term** to control your blood pressure. Don't stop taking your medicine because you feel fine.

## 1ON1 WITH PATIENTS



*Visit [www.1on1health.com](http://www.1on1health.com) to hear Renee explain how her doctor calmed her fears about high blood pressure.*



## Take Your Medicine

Your doctor may prescribe more than one drug for your blood pressure. If so, **make a schedule**. Your doctor, nurse, or pharmacist can help you.

Keep the schedule handy. Put copies where you're likely to be when it's time for your medicine. Place one near the TV, on your desk, or in the kitchen. Give copies to friends and family.

### Other medicine tips:

- **Make medicine part of your daily routine** (when you brush your teeth or watch the news).
- **Set an alarm clock or timer** to ring when it's time to take your medicine.
- **Use a pillbox** with sections for different times of the day. Some pillboxes have an alarm clock.
- Don't run out of medicine. **Mark your calendar** a week before it's time for refills.

## LOOK, LISTEN & LEARN™



*If you take more than one medicine, it helps to make a schedule.*

## Make Lifestyle Changes

If you change your routine and take medicines as prescribed, you can make a difference in your health. **Even small changes can help.**

### How to help yourself

- **If your doctor tells you to lose weight, try to do it.** Losing just 10 pounds can help lower your blood pressure.
- **Shake the salt habit.** Too much salt isn't good for anyone. You may need to eat a low-salt or low-sodium diet to help control your blood pressure.
- **Eat right.** This will help you stay at a healthy weight and help you feel better. What you eat affects your blood pressure.
- **Be active.** Exercise can help you keep to a healthy weight. Talk with your doctor before starting any exercise program.
- **Don't smoke.** If you do, try to quit. Ask your doctor about treatments that may help.
- **Avoid alcohol.** One to two drinks a day for men, or one a day for women don't seem to be harmful. But too much alcohol can raise blood pressure.
- **Reduce stress.** Stress makes high blood pressure harder to manage.

Taking care of yourself can help control your high blood pressure and **help prevent serious problems** later.



## Lose Weight If Needed

Excess weight puts you at risk for health problems like:

- High blood pressure
- High cholesterol
- Heart disease
- Diabetes

### How to win at weight loss

To lose weight, you need to burn more calories than you take in. You can do this by changing your diet, being more active, or both.

Quick diets and pills may help you lose weight fast at first. But you'll likely gain it back if you don't make lasting changes in how you eat.

**Lose weight slowly.** Aim for one-half to two pounds a week. Start **with a goal of losing 10% of your current weight.** So, if you weigh 200 pounds, aim to lose 20 pounds.

## 1ON1 WITH PATIENTS



*Andy's family inspired him to work harder at weight loss. Visit [www.1on1health.com](http://www.1on1health.com) for more information on how to eat right and lose weight.*

## Eat Well

Make healthy food choices. Eating right is a great way to take control of your health. It may help you feel better, too. Try to:

- **Cut salt from your diet.** This may help lower your blood pressure.
- **Eat more fresh fruits and vegetables.** Eat fewer fatty foods.
- **Get more fiber in your diet.** Good sources are fresh fruits, vegetables, and whole grains.

### Eating the DASH way

Your doctor may suggest the DASH diet to help lower your blood pressure. It's a diet that is low in fats and sodium. It's also high in fruits, vegetables, and low-fat dairy products. The DASH plan has tasty, healthy menus.

The DASH eating plan has two versions. One allows more sodium than the other. Sodium is found in salt. Talk with your doctor about which plan to use.

The DASH plan may have more fruits, vegetables, and grains than you eat now. **Take time to get used to the diet.** Slowly add more of the foods on the menus. You'll soon be eating your way to lower blood pressure!

## LOOK, LISTEN & LEARN™



*Visit [www.1on1health.com](http://www.1on1health.com) to see a week of sample DASH diet plan menus.*

Get more at [www.1on1health.com](http://www.1on1health.com)



## Eat Well (cont.)

### Get your minerals

Several minerals help control blood pressure. These include magnesium, potassium, and calcium. The DASH plan makes sure you get enough of them each day. Foods that have one or more of these minerals are:

- **Fruits**, like bananas, dates, grapes, oranges, melons, peaches, prunes, raisins, strawberries, and tangerines.
- **Vegetables**, like carrots, green peas, squash, broccoli, spinach, green beans, lima beans, and sweet potatoes. Eat them fresh, frozen, or canned with no salt added.
- **Nuts, seeds, and dried beans**, like almonds, hazelnuts, peanuts, walnuts, sunflower seeds, kidney beans, and lentils.
- **Lean, cooked meats**, like chicken and fish.
- **Fat-free and low-fat dairy foods**. Skim or low-fat (1%) milk, fat-free or low-fat buttermilk, yogurt (regular or frozen), and cheese.

Eating well will soon seem like second nature. You'll find that **it can taste good, too!**

## Cut Back On Salt

Salt has sodium. Too much sodium can raise blood pressure.

Try these tips:

- **Throw out your salt shaker.** Don't use salt when cooking, baking, or eating.
- **Use pepper and salt-free spice blends.** Try flavored vinegars, lemon or lime juice, garlic, and fresh or dried herbs.
- **Avoid processed foods.** Many of the foods you buy have too much sodium. Prepared or processed foods from the grocery store are some of the main sources.
- **Read food labels** to see how much sodium is in each serving. Ask your doctor how much sodium to have each day.
- **Keep track of your sodium.** Write down how much is in each item you eat. You may be stunned to see how it adds up!



**Don't give up on eating out. Visit [www.1on1health.com](http://www.1on1health.com) to learn about smart choices you can make in restaurants.**



## Be Active

Being active can help control high blood pressure. It may make you feel better, too! Regular exercise can:

- Boost your energy and help you sleep better.
- Help you feel more upbeat and deal with stress.
- Help you lose weight.

**Talk with your doctor about an exercise plan.** He or she will tell you the exercise level that's right for you. Make sure you know the signs of a medical emergency and when to seek help.

### What kind of exercise?

If you have high blood pressure, aerobic activities are usually the best. They help lower blood pressure. They make the heart stronger and help it work better. You can:

- Walk briskly
- Hike
- Jog
- Swim
- Climb stairs
- Bike

## 1ON1 WITH PATIENTS



**Andy found that he liked to exercise in a pool. Find more exercise tips on [www.1on1health.com](http://www.1on1health.com).**

## Stop Smoking

**Smoking can make high blood pressure worse.** If you smoke, try to quit. If people in your home smoke, ask them to quit, too. If they can't, they should always smoke outside.

Talk with your doctor about ways to quit. This countdown\* may help:

- **5 days before your quit date:** Think about your reasons to quit. Tell your friends and family you're quitting. Stop buying cigarettes.
- **4 days before:** See when and why you smoke. Come up with other things to hold in your hand besides a cigarette. Think of habits to change.
- **3 days before:** Plan how to spend the money you'll save when you stop buying cigarettes. Think of who you can call for support.
- **2 days before:** Buy a nicotine patch or nicotine gum. Or, see your doctor to get medicine to help you quit.
- **1 day before:** Put away lighters and ashtrays. Throw out cigarettes and matches. Clean your clothes to get rid of the smell of smoke.
- **Quit day:** Keep busy. Remind family and friends that this is your quit day. Stay away from alcohol. Give yourself a treat or do something special.
- **Smoke free:** Congratulations!

If you "slip" and have a smoke, don't give up. Set a new date to get back on track.

\*From the US Surgeon General's Office.



## Follow Your Action Plan

To manage high blood pressure, you have to **stick with your treatment**. This Action Plan can help. Take it with you on your next visit to your doctor.

Ask him or her to write down your goals for blood pressure, weight, and cholesterol. Then write down your actual numbers at each visit. If you're not at your goals, create a plan together to help you reach them.

### Levels checked during office visits:

	GOAL	Date:	Date:	Date:
		_____	_____	_____
Blood pressure				
Weight				
Total cholesterol				
LDL cholesterol				
HDL cholesterol				
Triglycerides				
Other _____				

## My Action Plan

Lifestyle Changes	Conditions/Medicines
<p><b>Diet goals:</b></p> <ul style="list-style-type: none"> <li>— Reduce salt in diet</li> <li>— Reduce saturated fats and cholesterol in diet</li> <li>— Limit alcohol use</li> <li>— Eat more fiber</li> <li>— DASH diet</li> </ul> <p><b>Weight-loss goals:</b></p> <ul style="list-style-type: none"> <li>— Pounds lost in __ months</li> </ul> <p><b>Other:</b></p> <ul style="list-style-type: none"> <li>— Stop smoking</li> <li>— Increase physical activity</li> </ul>	<p><b>High blood pressure:</b></p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p> <p><b>High cholesterol:</b></p> <p>_____</p> <p>_____</p> <p><b>Other:</b></p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p>



## You Can Make A Difference!

No matter how high your blood pressure is, there are **things you can do to help manage it.**

You may have to try different treatments to find one that works best for you. You may also need to change your lifestyle.

It may take some time to get used to your new routine. **Be patient.** Keep in touch with your doctor during this time.

Change won't come overnight. But, with the right treatment, you can keep your blood pressure under control.

*GlaxoSmithKline, one of the world's leading research-based pharmaceutical and healthcare companies, is committed to improving the quality of human life by enabling people to do more, feel better, and live longer.*

Brought to you by:



with content developed in association with:

**WebMD®**

This information is not a substitute for your doctor's medical advice, nor is your doctor responsible for its content. You should promptly consult a medical professional if you have concerns about your health.

©2006 The GlaxoSmithKline Group of Companies All rights reserved. Printed in USA. ONE214R0 April 2006