

PREVENTIVE MEASURES TO CONTROL HIGH BLOOD PRESSURE

Hypertension is the term used to describe High Blood Pressure.

Blood Pressure is a measurement of force against the walls of your arteries as your heart pumps blood through your body. Blood Pressure readings usually have 2 numbers- example: 120 over 80 mmHg (written as 120/80 mmHg). The Top number is Systolic Blood Pressure and bottom number is Diastolic Blood pressure.

Normal Blood Pressure is when BP is lower than **130/80mmHg**.

High Blood Pressure is when BP is 140/90 mmHg and above.

Increase in **Systolic Blood Pressure** occurs mostly due to increasing age. If ignored, chances of Heart Attack and Heart Failure are prevalent. A High Diastolic BP can eventually lead to High Systolic BP.

As per the **new guidelines** for Blood pressure,

AGE	ADVISABLE BLOOD PRESSURE
>=60	<=150/90 mmHg
30-59	<=140/90 mmHg
<30	<=130/80 mmHg

NOTE: Adults with Diabetes or Chronic Kidney Disease should aim for a BP under 140/90 mmHg.

Hypertension is referred as a silent killer and is most often not associated with any symptoms.

It is usually detected after developing Kidney problems or Heart Disease or during a random Blood Pressure check up.

Many **factors** can affect blood pressure-

- Diet
- Lifestyle
- Obesity(abdominal)
- Smoking & Increased Alcohol consumption
- Stress
- Family History
- Diabetes and others.

Preventive Measures to control Hypertension-

-Eat a Heart Healthy Diet

Main Ingredients include **Electrolytes like Potassium, Calcium and Magnesium** which naturally help in lowering High blood pressure by relaxing our arteries and increasing their blood flow.

It has been indicated that supplements (medicines) rich in these electrolytes do not provide same affect as natural methods (Fruits and Vegetables). **“Sodium intake increases High Blood Pressure”**.

Dietary Approach to Stop Hypertension (DASH)

DASH is being used nowadays to naturally control Hypertension. **Good food habits** coupled with **moderate Physical activity** (at least 45 minutes) is recommended daily.

Sr .No	TYPE OF FOOD	AMOUNT	EXAMPLE
1.	Low Fat and Fat free Milk and Milk Products	2-3 servings/day	Yogurt-1 cup Milk-1 Cup
2.	Fruits (Natural and Dried)	4-5 servings/day	1 Medium sized Fruit- Grapes, Figs, Bananas, Oranges, Watermelon. ¼ cup Dried Fruit-Raisins, Prunes, Apricot, Dates. ½ cup Fruit Juice
3.	Vegetables	4-5 servings/day	1 cup-Raw vegetable Lettuce, Salads. ½ cup cooked vegetable- Tomatoes, Potatoes, Leafy greens.
4.	Grains	6-8 servings/day	1-Slice Bread ½ cup cooked Rice (Brown)/Pasta.
5.	Meat, Poultry, Fish	2 servings/day	1 piece chicken/fish/meat
6.	Legumes, Nuts, Seeds	4-5 servings/day	1/3 cup nuts ¼ cup dried peas/beans
7.	Fats and Oils	2-3 servings/day	Prefer Rice Bran Oil or Oil with Omega 3 fatty acids
8.	Sweets and added sugars	5 servings a WEEK	½ cup Lemon Juice/Sherbet 1 Teaspoon Jam
Plus Reduce Salt Intake			
Plus Reduce Tea or Coffee to once a day			
Plus Increase your Vit D intake(Eggs, Fish, Mushroom) or Natural Sunlight.			

Recommendations-

“Prevention is better than cure”.

- It is better to routinely check your blood pressure at least once in 6 months (for those who are in the Risk group) and once in an year (for those who are healthy without any risk factors).
- Yearly Health Checkup of Cholesterol levels, Kidney and Liver function Tests, ECG(Electrocardiogram) will help to rule out causes of high blood pressure.

“ Good News is High Blood Pressure is Manageable.”

But Managing Blood Pressure is a lifelong Commitment. So Make a Pledge to do so starting today for yourself and for your loved ones. Think of these changes as a **“Lifestyle Prescription”** and Make every effort to comply with them.