

For your health

Hypertension/Cholesterol

You can control your blood pressure and cholesterol levels

- **Aim for a healthy weight.** Your risk of high blood pressure, a heart attack and stroke increases if you are overweight. Talk to your doctor to see if you need to lose weight.
- **Be physically active each day.** Get involved in at least 30 minutes of moderate activity, such as walking, most days of the week. You can even do this in three 10-minute segments during the day. Talk to your doctor before starting any exercise program.
- **Learn how to reduce and manage stress.**
- **Don't smoke. If you smoke,** pick a quit date and ask your doctor for help.
- **Recognize and treat diabetes.** Regular checkups by your doctor are critical if you have diabetes.
- **Eat a heart-healthy diet.** Eat more fruits, vegetables, whole grains and foods low in saturated fat and cholesterol. You should also choose foods low in salt and sodium.
- **If you drink alcoholic beverages,** do so in moderation. For men, this is no more than two 12-ounce servings of beer, two 5-ounce glasses of wine, or two 1.5-ounce servings of "hard" alcohol a day. Women or lighter-weight people should have no more than a single serving of any one of these beverages per day.
- **Take your medicine as directed.** If you are experiencing any side effects from your medication, contact your doctor without delay. Be sure to get instructions on how to take the medicine. You should know if your medicine should be taken with or without food, how often, what time of day, and if it could interact with any other medications you are taking. Also, inform your doctor if you are taking any nonprescription medicines, especially for colds or allergies, and if you are using any herbal or home remedies. Sometimes, they have unexpected effects on your body and the ability of your medicine to work properly.
- **Monitor your blood pressure and cholesterol regularly as advised by your doctor.**

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