

significantly reduced systolic and diastolic readings after eight weeks on this diet.



### How to control blood pressure?

Here are 6 steps that can help you lower high blood pressure. They can also help you create a healthy lifestyle. For best results, try to do as many as you can. Ask your doctor for help to make these changes. It may be easier for you to make 1 change first. Put a check next to the healthy step you plan to try.

1. Follow a healthy eating plan
2. Get to and stay at a healthy weight : talk with your doctor about getting to a weight that's right for you.
3. Eat less salt : read food labels to find out how much sodium(salt) you eat every day. Aim to eat less than 1500mg of sodium per day.
4. Exercise: try to be active every day. Walk as much as you can. Every step counts !
5. Stop smoking: ask for help to quit.
6. Follow up with your doctor / talk with your doctor about steps you can take to avoid or control high blood pressure.

**A healthy lifestyle can help you lower your blood pressure.**

## Notes

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## HYPERTENSION

### ◆ Shinde Clinic ◆

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### ◆ Joshi Diabetes Center ◆

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## What is hypertension?

Rise in blood pressure above normal range is hypertension.

### Blood pressure measures and what they mean

Type of blood pressure	Measure (mmHg)	Meaning
Normal	Measure (mmHg) Less than 120/80 Talk with your doctor if you have diabetes or kidney disease	Meaning Even a small rise in either number increases risk for heart disease and stroke
Prehypertension	120/80-140/90	May lead to higher blood pressure. Talk with your doctor about steps you can take to lower your blood pressure
High blood pressure (hypertension)	140/90 and higher	Needs treatment. See your doctor if blood pressure is always high

### Know your number of blood pressure -

If your blood pressure is recorded as 120/80, the number on top is the systolic pressure, and the bottom number the diastolic. It is measured in millimeters of mercury. 120/80mmHg also happens to be the optimal blood pressure.

### Why blood pressure is Essential to life :

Blood pressure is essential to life. In fact when a person dies of so-called "shock", it usually implies events that cause a fatal drop in blood pressure. This leads to inadequate perfusion of vital organs like the brain and kidneys. Starved from their life-giving source of oxygen, these organs cannot function

anymore.

Blood pressure varies during the day

Considerable variation occurs in all people, depending on the demands of the body. When doing exercise, anxiety, experiencing pain can also raise pressure dramatically.

Some people have high blood pressure only in a clinical setting, so-called white coat hypertension, with normal readings otherwise.

Blood pressure rises when you are active and falls when you are inactive. During restful sleep, the inactivity reduces the demand for oxygen and therefore blood pressure is usually lowest at night and highest during arousal in the morning.

### Who is more likely to develop hypertension?

Older than 50 years

Overweight or obese

Habit of smoking

Having diabetes

Having kidney disease

A man who drinks more than 30ml of alcohol per day

A woman who drinks more than 15ml of alcohol per day

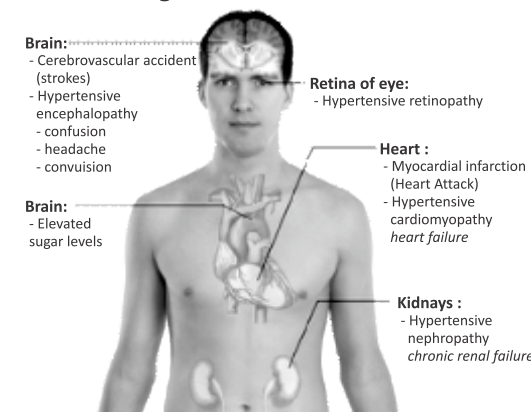
A member of family (mother, father or other) has high blood pressure

### Why it is important to check your blood pressure ?

High blood pressure has no symptoms. It is considered a silent condition. Over time, it can damage your heart and other organs. Talk with your doctor about how often to have your blood pressure checked.

## Effects of hypertension on body :

### Main complications of persistent High Blood Pressure



### Important points

- ❖ Take your medicine every day as directed by your doctor
- ❖ Even if you don't feel like the medicine is working, it is.
- ❖ If you have uncomfortable side effects, continue taking your medicine. Talk with your about managing side effects
- ❖ Sometimes medicine can be costly. Talk with your doctor about medicine that your budget.
- ❖ About half of people with high blood pressure take 2 or more medicines to control their blood pressure.

### What diet should I follow?

The DASH (Dietary Approaches to Stop Hypertension) diet is a user-friendly eating plan. It includes foods with a low salt content and rich in potassium, calcium and magnesium. High fibre, wholegrain products, low fat dairy, lean meat and fish, legumes, nuts, fruit and vegetables are recommended. In a recent trial, patients showed