

Know Your Numbers

Tips to Lower Blood Pressure

Week 3

Lifestyle changes can help you control and prevent high blood pressure, even if you're taking blood pressure medication. Here's what you can do:

Manage stress. Reduce stress as much as possible. Practice healthy coping techniques, such as muscle relaxation, deep breathing or meditation. Getting regular physical activity and plenty of sleep can help, too.

Monitor your blood pressure at home. Home blood pressure monitoring can help you keep closer tabs on your blood pressure, show if medication is working, and even alert you and your doctor to potential complications. Home blood pressure monitoring isn't a substitute for visits to your doctor, and home blood pressure monitors may have some limitations. Even if you get normal readings, don't stop or change your medications or alter your diet without talking to your doctor first.

If your blood pressure is under control, you may be able to make fewer visits to your doctor if you monitor your blood pressure at home.

Practice relaxation or slow, deep breathing. Practice taking deep, slow breaths to help relax. There are some devices available that promote slow, deep breathing. However, it's questionable whether these devices have a significant effect on lowering your blood pressure.

Control blood pressure during pregnancy. If you're a woman with high blood pressure, discuss with your doctor how to control your blood pressure during pregnancy.

Source: <http://www.mayoclinic.org/diseases-conditions/high-blood-pressure/basics/lifestyle-home-remedies/con-20019580>

****For additional help implementing these changes, take advantage of your health coach!** To set up your appointment please contact your Agnesian Health Coaches at Tara: 920-926-5678 or Angie 920-926-5508 or e-mail workandwellness@agnesian.com.