



## LIVING WITH *Hypertension*

Hypertension or high blood pressure can be caused by environmental or genetic factors, including changes to kidney fluid and salt balances. Here are some tips for controlling and preventing high blood pressure.

### HEALTHY LIFESTYLE CHANGES

You can help control your blood pressure by making these healthy lifestyle changes:



**Follow a healthy diet**



**Maintain a healthy weight**



**Be physically active**



**Limit alcohol intake**

Other lifestyle changes can improve your overall health, such as:



**Quit smoking**



**Drink more water**



**Get plenty of sleep**

### MEDICINES

Take all blood pressure medicines that your health care provider prescribes. Know the names and doses of your medicines and how to take them. If you have questions about your medicines, talk with your health care provider or pharmacist. Make sure you refill your medicines before they run out. Take your medicines exactly as your health care provider directs, and never skip days or cut pills in half.

### PREVENTION

Healthy lifestyle habits, proper use of medicines, and regular medical care can prevent high blood pressure or its complications.

For more information visit [evolution.net/healthtips](http://evolution.net/healthtips)

