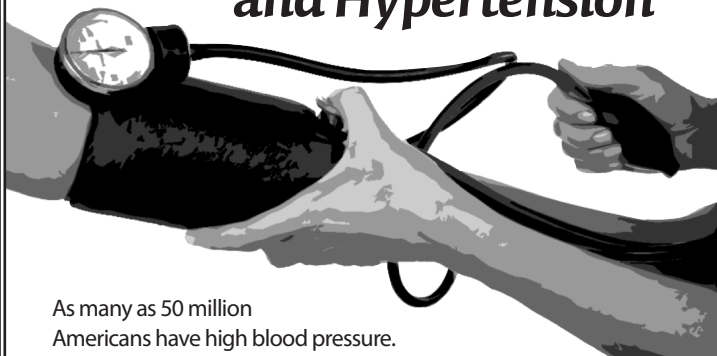


Preventive tips to keep you healthy... from New London Hospital.

High Blood Pressure and Hypertension



As many as 50 million Americans have high blood pressure. When blood pressure remains elevated over time, it is called hypertension. Uncontrolled hypertension can be a serious health risk and is often associated with cardiovascular disease – the number one cause of death in the U.S. Factors such as genetics, race, age, stress, obesity, and lifestyle choices are all factors that can contribute to high blood pressure. It is important to know your blood pressure and have it checked yearly by your healthcare provider.

Here are some ways to help control your blood pressure:

- Limit your sodium intake to no more than 2400 milligrams (about 1.25 teaspoons of salt) per day
- Stop smoking
- Eat fresh vegetables, fruits, and foods high in fiber and low in fat
- Minimize your alcohol intake
- Reduce your stress levels
- Exercise regularly, keeping your weight within normal limits

For some people, these methods alone may not reduce blood pressure levels. If that is the case, a doctor will typically prescribe blood pressure medication. Be sure to follow your doctor's suggestions in taking medications.

For more tips to help you stay well, sign up for our e-newsletter, *Discover Health* by sending your email to discover.health@newlondonhospital.org



Note: This is for information purposes only and not intended for use in place of the advice of a healthcare provider.

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