

Hypertension

Hypertension is another name for high blood pressure. High blood pressure may mean that your heart needs to work harder to pump blood. Blood pressure consists of two numbers, which includes a higher number over a lower number (example: 110/72).



HOME CARE

- Make lifestyle changes as told by your doctor. This may include weight loss and exercise.
- Take your blood pressure medicine every day.
- Limit how much salt you use.
- Stop smoking if you smoke.
- Do not use drugs.
- Talk to your doctor if you are using decongestants or birth control pills. These medicines might make blood pressure higher.
- Females should not drink more than 1 alcoholic drink per day. Males should not drink more than two alcoholic drinks per day.
- See your doctor as told.

GET HELP RIGHT AWAY IF:

- You have a blood pressure reading with a top number of 180 or higher.
- You get a very bad headache.
- You get blurred or changing vision.
- You feel confused.
- You feel weak, numb, or faint.
- You get chest or belly (abdominal) pain.
- You throw up (vomit).
- You cannot breathe very well.

MAKE SURE YOU:

- Understand these instructions.
- Will watch your condition.
- Will get help right away if you are not doing well or get worse.