

### How can I prevent or manage high blood pressure?

High blood pressure can be stopped or brown by changing your lifestyle.

Here's how:

- Eat a balanced diet with less salt
- Don't drink too much alcohol
- Exercise regularly
- Find ways to handle stress
- Keep a healthy weight
- Quit smoking
- Take your medications like your doctor says
- Work together with your main doctor

### How to use monitor your blood pressure at home

You can use a home blood pressure monitor to check your blood pressure at home. Here's how the American Heart Association (AHA) suggests doing it:

- **Be still** – Do not smoke, drink coffee, or exercise within 30 minutes before you measure. Empty your bladder and take at least 5 minutes to rest quietly.
- **Sit the right way** - Sit up straight in a chair with your feet flat on the floor and your back supported (on a dining chair, rather than a sofa). Don't cross your legs. Rest your arm on a table with your upper arm at heart level. Make sure the cuff is directly above your elbow bend.
- **Measure at the same time everyday** - It's best to check your blood pressure at the same times each day, like morning and evening. Try to do it daily, especially two weeks after a change in treatment and before your next doctor visit.
- **Take multiple readings and write them down**- Each time you measure, take two readings a minute apart and record the results. If your monitor saves readings, bring it to your appointments. You can use the blood pressure log to keep track.
- **Do not take your blood pressure over clothes.**

To schedule an appointment with your primary care provider at Share Ourselves, please call **949-270-2100**.