

WHAT IS HIGH BLOOD PRESSURE?

Your medical provider will tell you when you have high blood pressure. He or she will give you 2 numbers (for example “130/80”). The top number is indicative of the pressure in your arteries when your heart is pumping. The bottom number represents the pressure in your arteries when your heart is relaxed.



Why should I care about high blood pressure?

High blood pressure is very serious but can be managed with your health care provider. Uncontrolled blood pressure for a long time can put you at risk for a heart attack, stroke, and kidney disease. It can also affect other parts of your body like your eyes, blood vessels, and nerves. This is mostly a “silent” disease – generally you will not feel any symptoms. You probably won’t feel any different with or without treatment. However, getting your blood pressure under control is one of the best things you can do for your health.

What can I do to lower my blood pressure?

There are many things you can do to lower your blood pressure and your health care provider can discuss lifestyle modifications with you in clinic. Lose weight, eat lots of green leafy vegetables, reduce salt intake, and don’t drink more than 2 alcoholic beverages/day. Stop smoking if you smoke. Exercise for at least 30-60 minutes/day 5 times/week. Please refer to the Low T diet and exercise information. If necessary, your health care provider may recommend that you also take a blood pressure medication.

What medications should I **NOT** take if I have hypertension?

If you have hypertension, please be careful when using over the counter products that can raise your blood pressure. Be especially cautious with cough and cold medicines – look for the heart symbol – to know which medications are safe. Also, be careful with diet pills, any stimulant medication, Advil/Ibuprofen/Motrin, and natural supplements.

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What medicines might I need for high blood pressure?

There are several different medicines available to treat high blood pressure. Unfortunately, one size does not fit all. Your medical provider might need to increase the dosage of your medication a few times or maybe even add a new medication to make sure that your blood pressure is at goal. Everyone's goal blood pressure is different – discuss your blood pressure goal with your medical provider.

When should I take my blood pressure medicines?

Everyone's medication is different, but in general it is wise to take your blood pressure medications in the morning with breakfast at the same time every day.

What do I do if I miss a dose?

Take your missed dose as soon as you remember unless it is very close to the time for your next dose. Never take 2 blood pressure pills together.

What are side effects of blood pressure medications?

Many drugs have side effects. However, most of us thankfully will never experience these side effects. Generally, the benefits of taking blood pressure medications outweigh the risks. Signs of an allergic reaction include: trouble breathing, wheezing, lip swelling, itching, rash, hives, or itching. This is considered a medical emergency. Sometimes these drugs can lower blood pressure too much causing dizziness, weakness, or fainting. If you experience any of these side effects, this is a medical emergency, call 911 and go to your nearest emergency room. These are not the only side effects that may occur. If you have questions about side effects, please discuss with your medical provider.

