



THUMP THUMP THUMP

High blood pressure can be a silent killer



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It can affect any one of us, at any time, and even when we least expect it.

It's high blood pressure, and we often don't realize it's creeping up on us, or inside us, to put it literally.

High blood pressure impacts millions of people every day, creating the need for a network of health care professionals, treatments, prescriptive remedies and therapies.

Ultimately, however, we play the biggest role.

Here's a look at the risk factors that lead to the increasingly common health issue, and what we can do to combat it.

YOUR HEALTH

Maintain your weight. Pay attention to the doctor's recommendations when it comes to your body mass index, or BMI. This determines if a person is in a healthy weight range.

If not, you join millions

of other overweight and obese patients who are at risk for heart disease.

Avoid smoking. If you already do, talk to your physician about quitting, since cigarette smoking is also a risk factor in heart disease. Encourage others to stop smoking, too.

YOUR DIET

Eat plenty of vegetables and fruit, since your diet can play such a huge role in high blood pressure.

Don't add salt; there's already lots of it in the foods we eat.

Look for foods that are low in saturated and trans fats, and watch your cholesterol.

Exercise, if only just for a few minutes each day. The recommendation from the surgeon general is at least 30 minutes on most days, but any regular activity can help you lower your blood pressure; it can help you maintain weight, too.

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