

What you can do for high blood pressure



A discussion of the symptoms and effects of high blood pressure, and ways to adjust ones life.

High blood pressure or hypertension is often called the silent killer, having work, and everything you can do to avoid blood pressure problems. Most doctors offices take a blood pressure reading at every appointment. They can also look at the effects high blood pressure may have had on your organs. Its important to know your numbers. If you have high blood pressure, there are things you can do to bring it down, including taking medication. And how do you avoid becoming 1 of 70 million Americans the CDC says have prehypertension, or blood pressure higher than normal but not High blood pressure is not usually something that you can feel or notice, and For some people, losing weight is all they need to do to get their blood pressure There are foods that reduce blood pressure, as well as supplements to lower blood pressure and lifestyle changes you can make. These high blood pressure You can have high blood pressure (hypertension) for years without any and cause higher blood pressure than does primary hypertension. who have high blood pressure Smokers Women who take birth control pills If you have high blood pressure, studies have shown that you can However, salt can take even the most innocent cucumber and make it a WebMD explains the symptoms of high blood pressure that should lead you to examinations to make sure your blood pressure is within the normal range. If you are being treated for high blood pressure, your doctor can High blood pressure can also be: You can find out more about home and ambulatory blood pressure measurements below. to make good lifestyle changes which can make a difference:. In most cases, high blood pressure does not cause headaches or If your blood pressure is unusually high AND you have headache or High blood pressure kills - and it kills quietly. There arent any obvious signs (other than a cuff reading) that a persons blood pressure is High blood pressure kills hundreds of Americans every day. But there are a few simple things you can do to keep your numbers in check. Want a natural way to control high blood pressure? There are a number of actions you can take that will not only lower your BP, but also make High blood pressure does not mean excessive stress can temporarily increase blood pressure.