

Treatment for High Blood Pressure

WATCH THE VIDEO ONLINE!

www.healthjourneysupport.com/cardiology/hbp-treatment

This handout can help you understand how to manage high blood pressure. In most cases, the cause of high blood pressure, or hypertension, is unknown. This type of high blood pressure is called primary or essential hypertension. Treatment for it includes lifestyle changes and medication.

Lifestyle Changes Can Lower Your Blood Pressure:



Eat a healthy diet.



Avoid drinking too much alcohol.



Get regular exercise.



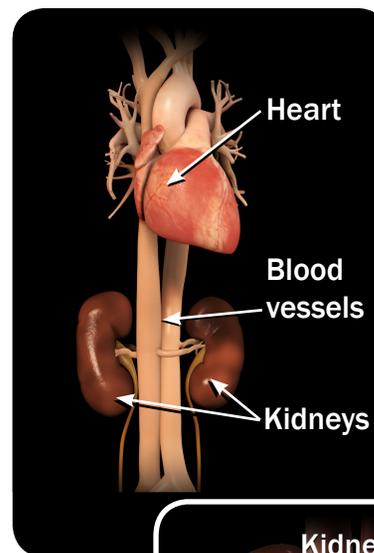
Limit salt. If you are sensitive, sodium may cause your body to retain water, making your blood pressure go up.



Lose weight if you need to.

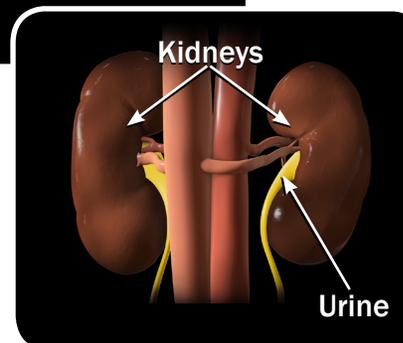


Quit smoking.



Medications for High Blood Pressure

Your doctor may also recommend medications that act on your kidneys, blood vessels, or heart to help lower your blood pressure.



Diuretics

Commonly called water pills, diuretics cause your kidneys to move more salt and water from your blood into your urine.

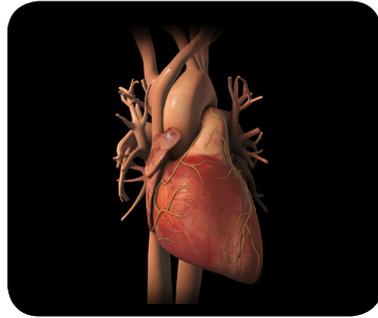
This reduces both the amount of your blood and your blood pressure.

Treatment for High Blood Pressure

Medications for High Blood Pressure, continued

Beta-Blocker Medication

Beta-blockers reduce the workload on your heart in two ways. They slow your heartbeat, and lower the force of each beat.



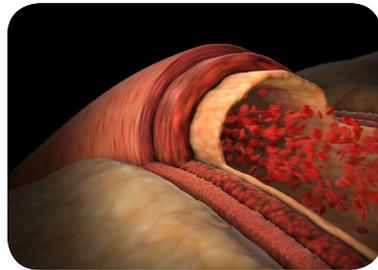
Heart

Medication to Relax Blood Vessels

Several types of drugs lower your blood pressure by relaxing your blood vessels. This makes them open up wider.

These drugs include:

- ACE inhibitors
- Angiotensin II receptor blockers
- Calcium channel blockers
- Direct-acting vasodilators



Blood vessel



It is important to stay on your medications as directed, even if you are feeling better.

Do not go off your medication unless your doctor tells you to.

If you have any questions about any medications you have been prescribed, speak with your doctor.

The information in this handout has been created and peer reviewed by graduate-level medical illustrators, followed by reviews from medical subject experts, either physicians or PhDs on the Nucleus Medical Review Board, to ensure medical accuracy and audience level appropriateness.

The handout is intended to supplement the information you receive from your healthcare provider and should never be considered personal medical advice. Always contact your healthcare provider with health questions and concerns.