

High Blood Pressure

High blood pressure (hypertension) usually has no symptoms, but over time it strains your heart, brain, and kidneys. Controlling it lowers your risk of heart attack and stroke.

Everyday basics

- Take blood-pressure medicine every day, even when you feel fine.
- Check your pressure at home if your team asks, and bring the log to visits.
- Lower salt, stay active, and limit alcohol.
- Don't stop medicine because your numbers look good — that's the medicine working.

Good questions to ask your care team

- What is my blood-pressure goal?
- Which medicines am I on, and when should I take them?
- How and how often should I check at home?
- What number is high enough that I should call you?

When to get help right away

Get emergency care for a reading over 180/120 with chest pain, trouble breathing, weakness, or trouble speaking.



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Source: MedlinePlus, U.S. National Library of Medicine (NIH) — <https://medlineplus.gov/highbloodpressure.html>

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