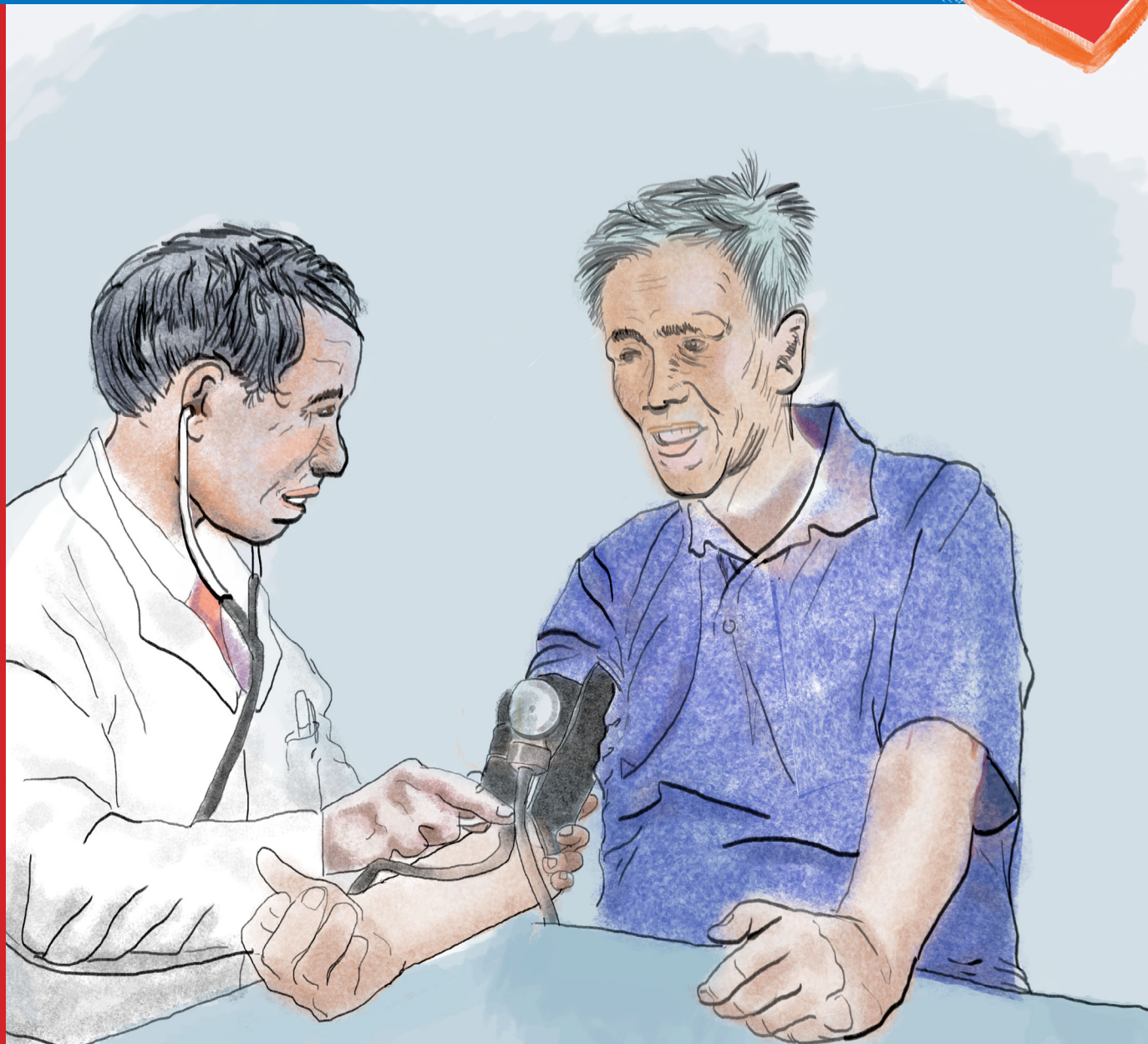


Prevent and Control High Blood Pressure

Vietnamese
Aspire For
Healthy Hearts



U.S. Department of Health and Human Services
National Institutes of Health
National Heart, Lung, and Blood Institute

Healthy Habits For Your Heart

A normal blood pressure is **below 120/80**. Follow these tips to reach this goal.

To Prevent High Blood Pressure

Maintain a healthy weight.

- Try not to gain extra weight.
- Lose weight if you are overweight.
- Try losing weight slowly, about 1 to 2 pounds each week until you reach a healthy weight.

Be physically active.

- Do at least 2 hours and 30 minutes of physical activity at a moderate level each week. You can walk, dance, play sports, or do any activity you enjoy.
- Do strengthening activities at least 2 days each week and be sure to work all body parts. Examples include lifting weights and Tai Chi.

Cut back on foods high in salt and sodium.

- Buy foods marked “sodium free,” “low sodium,” or “reduced sodium.”
- Do not add extra soy sauce or fish sauce to food at the table.

Eat foods that have a lot of nutrients, like:

- Vegetables and fruit
- Whole-grain rice, breads, and cereal
- Fat-free or low-fat milk and milk products

Cut back on alcohol.


- Men who drink should have no more than one or two drinks each day.
- Women who drink should have no more than one drink a day.
- Pregnant women should not drink any alcohol.

To Control High Blood Pressure

Follow the tips to prevent high blood pressure.

Have your blood pressure checked often.

Take your medicine the way your doctor tells you.



If you do not know what your blood pressure is, now is the time to get checked. Do not leave for tomorrow what you can do today!

Tips for Taking Medicine For High Blood Pressure

Making lifestyle changes may not be enough to lower your blood pressure. You may need to take medicine as well.

Keep these tips in mind while you take your medicines to control high blood pressure.

1. Take your medicine the way your doctor tells you.
2. Tell the doctor the names of all other medicines, home remedies, herbs, or supplements you take. Bring everything with you when you have a doctor's appointment.
3. Tell the doctor right away if the medicine makes you feel strange or sick. Ask the doctor about changing the dosage or switching to another type of medicine.
4. Refill your prescription before you run out of medicine.
5. Check and record your blood pressure often to see if the medicine is working for you.
6. Do not stop taking your medicine if your blood pressure is normal. That means the medicine is working.
7. Do not share medicines with friends or family.
8. If you cannot afford your medicine, let your doctor know. There may be programs to help you buy your medicine.
9. Use notes and other reminders to take your medicine. Ask your family to help you with reminder phone calls.

Questions For Your Doctor

- **What are the names of my medicines?**

- **How much do I take?**

- **When should I take them?**

- **What can I eat or drink with my medicines?**

- **Can I take other medicines or vitamins at the same time?**

- **If problems occur, who should I call?**

- **What do I do if I miss a dose?**



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