


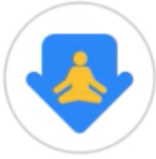


5 Ways to Reduce Hypertension

Hypertension can happen to anyone. Not every bit of stress you experience means that you have developed hypertension, but it can be easy for temporary stressors or lifestyle choices to creep into longer-term pathologies. Use the table below in conversation with your doctor to find out which factors might be affecting your health.

Factors in Reducing Hypertension	
<p>Weight Control</p> <p>The lower your body weight, the lower your blood pressure. Losing weight is especially beneficial if you carry a lot of weight in your abdomen.</p>	
<p>Exercise</p> <p>Blood pressure increases during exercise, but afterward will drop lower than when you started. The psychological effects of exercise can also lead to better health choices that will lead to weight loss.</p>	
<p>Fruits and Vegetables</p> <p>Fruits and vegetables have a low caloric density and help to lower body weight by displacing higher-calorie foods.</p>	
<p>Stress Reduction</p> <p>Relaxational therapies like meditation or yoga help to decrease worry and cognitive fatigue, lowering blood pressure. Even if you do not practice formal relaxation, taking mental breaks from stressors can help.</p>	
<p>Medications</p> <p>Be aware of side-effects—many prescription drugs cause high blood pressure! You can find this information online, on your pill bottle, or from your doctor's office.</p>	