

I want to lower my blood pressure



I can

- Maintain my ideal weight.
- Replace salt with spices.
- Lower my alcohol intake.
- Engage in activities that relax me.
- Have my physician measure my blood pressure once a year.

If I am hypertensive

- I should ensure that I am taking the medications prescribed to me by my physician.
- Continue this treatment for as long as is deemed necessary by my physician.
- Regularly measure my own blood pressure.





BLOOD PRESSURE

What is blood pressure?

It's the force that is exerted by the blood on the artery walls and when this force is too strong, one is deemed hypertensive.

What is my ideal blood pressure?

It should not exceed 135/85.

If I am diabetic, my blood pressure should not exceed 130/80.

What does the first number refer to?

It refers to the pressure generated by my arteries during the contraction of the heart muscle. It's known as the systolic blood pressure.

And to what does the second number refer to?

It refers to the pressure generated by my arteries during the relaxation of the heart muscle. It's known as the diastolic blood pressure.

How do I monitor my blood pressure?

I can discuss it with my personal physician.

Useful addresses

www.elips.ch

Swiss Cardiology Foundation

www.swissheart.ch

Tel. 031 388 80 80

I want to... I can... I am going to

