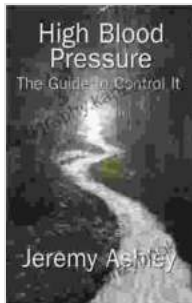


High Blood Pressure: The Guide to Control It

High blood pressure is a major risk factor for heart disease, stroke, kidney disease, and other serious health problems. It's estimated that one in three adults in the United States has high blood pressure.



High Blood Pressure: The Guide to Control It by Yogi Bhajan

★★★★☆ 4.8 out of 5

Language	: English
File size	: 1006 KB
Text-to-Speech	: Enabled
Screen Reader	: Supported
Enhanced typesetting	: Enabled
Word Wise	: Enabled
Print length	: 29 pages
Lending	: Enabled



The good news is that high blood pressure can be controlled. With the right treatment, you can lower your blood pressure and reduce your risk of developing serious health problems.

This guide provides everything you need to know about high blood pressure, including:

- What is high blood pressure?
- What causes high blood pressure?
- What are the symptoms of high blood pressure?

- How is high blood pressure diagnosed?
- How is high blood pressure treated?
- How can I prevent high blood pressure?

If you have high blood pressure, it's important to work with your doctor to develop a treatment plan that's right for you. With the right treatment, you can lower your blood pressure and reduce your risk of developing serious health problems.

What is high blood pressure?

Blood pressure is the force of blood against the walls of your arteries. When your heart beats, it pumps blood through your arteries. The pressure of the blood against the artery walls is your blood pressure.

Blood pressure is measured in millimeters of mercury (mm Hg). A normal blood pressure reading is less than 120/80 mm Hg. High blood pressure is a blood pressure reading of 130/80 mm Hg or higher.

What causes high blood pressure?

There are many different factors that can contribute to high blood pressure, including:

- **Age:** As you get older, your arteries become less flexible and your blood pressure rises.
- **Race:** African Americans are more likely to develop high blood pressure than other racial groups.

- Family history: If you have a family history of high blood pressure, you are more likely to develop it yourself.
- Obesity: Being overweight or obese increases your risk of high blood pressure.
- Lack of physical activity: People who are not physically active are more likely to develop high blood pressure.
- Poor diet: Eating a diet high in sodium and saturated fat can increase your risk of high blood pressure.
- Smoking: Smoking cigarettes increases your blood pressure.
- Alcohol consumption: Drinking too much alcohol can raise your blood pressure.
- Stress: Stress can lead to high blood pressure.

What are the symptoms of high blood pressure?

Most people with high blood pressure do not have any symptoms.

However, some people may experience:

- Headaches
- Nosebleeds
- Dizziness
- Blurred vision
- Chest pain
- Shortness of breath
- Fatigue

If you experience any of these symptoms, it is important to see your doctor right away. High blood pressure can be a serious health problem, and it is important to get treatment as soon as possible.

How is high blood pressure diagnosed?

High blood pressure is diagnosed with a blood pressure test. A blood pressure test is a simple, painless procedure that takes only a few minutes.

To measure your blood pressure, a doctor or nurse will place a blood pressure cuff around your upper arm and inflate it. The cuff will put pressure on your artery, and the doctor or nurse will listen for the sound of your pulse. The sound of your pulse will tell the doctor or nurse your blood pressure.

How is high blood pressure treated?

There are many different treatments for high blood pressure, including:

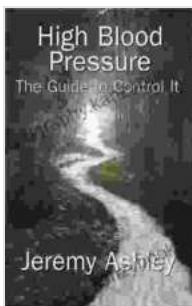
- **Lifestyle changes:** Lifestyle changes, such as losing weight, eating a healthy diet, and getting regular exercise, can help lower blood pressure.
- **Medication:** Medication can be used to lower blood pressure. There are many different types of blood pressure medications, and your doctor will work with you to find the one that is right for you.
- **Surgery:** Surgery is rarely used to treat high blood pressure. Surgery may be an option if other treatments have not been successful.

How can I prevent high blood pressure?

There are many things you can do to prevent high blood pressure, including:

- Maintain a healthy weight
- Eat a healthy diet
- Get regular exercise
- Limit alcohol intake
- Quit smoking
- Manage stress

If you have high blood pressure, it is important to work with your doctor to develop a treatment plan that's right for you. With the right treatment, you can lower your blood pressure and reduce your risk of developing serious health problems.

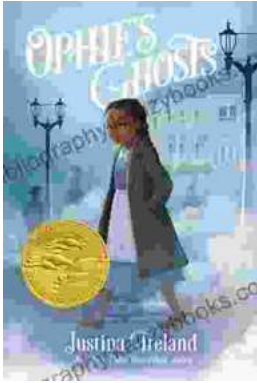


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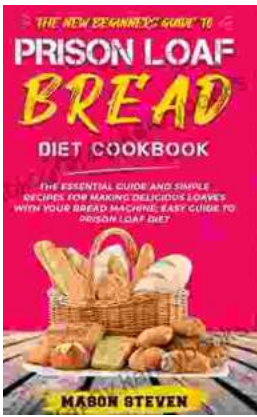
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