

# How Can I Lower My Blood Pressure?



## 1. Track your numbers

Staying healthy starts with knowing your numbers. Write down your blood pressure reading from today's visit and ask your doctor about your healthy blood pressure goal.

Healthy Blood Pressure Goal is less than:	
140/90	If you are 59 or younger, or have diabetes
150/90	If you are 60 or older and do not have diabetes

My Blood Pressure Goal is:

My Blood Pressure Today is:

## 2. Make a change that works with your lifestyle

- Try out a DASH diet recipe: <http://www.dashdiet.org/>
- Reduce your sodium/salt intake. Aim for less than 2,000 milligrams per day (about 1 teaspoon).
- Quit smoking
- Reduce your alcohol intake
- Get Active! Walk, bike, lift weights, dance, or swim!
- Check your blood pressure at home <http://www.uofmhealth.org/node/650395>
- Try a heart health phone app: <http://www.med.umich.edu/cvc/pdf/Apps.pdf>
- Read more on high blood pressure and how it relates to heart attacks and strokes: <http://www.uofmhealth.org/health-library/hw62787>

## 3. Make a pill plan



Taking your medication as prescribed is an important way to lower your blood pressure. Let your doctor or pharmacist know if you have trouble with your blood pressure medications.

## 4. Schedule a follow-up

Ask a member of your health care team how to schedule a follow-up blood pressure appointment. Follow-ups should occur within 2-4 weeks of today's visit.

