

LIFESTYLE MANAGEMENT OF HYPERTENSION

If your BP is between 140/80 and 160/100 and you do not have cardiac or renal disease or diabetes then Lifestyle Management is appropriate.

#1 You must eat your greens as they used to say some vegetables then some fruits then a reduction of red meat take aways and fast food with also a reduction in sugary drinks and a little fish every week along with salt restriction.

#2 You must stop smoking. Smoking is the worst risk of all, leads to cancer and heart disease. The average smoker loses 7-10 years of life dying earlier than they needed to.

#3 You must restrict alcohol. Alcohol is a poison which ages every tissue in the body. Maybe 1 bottle of wine a month, no more.

You must take some exercise. Exercise reduces the risk of heart disease and even cancer by a very worthwhile amount.

The nurses will check ECG Foot Pulses Weight and Bloods . FBC LFT UE HBAIC TSH and Cholesterol.