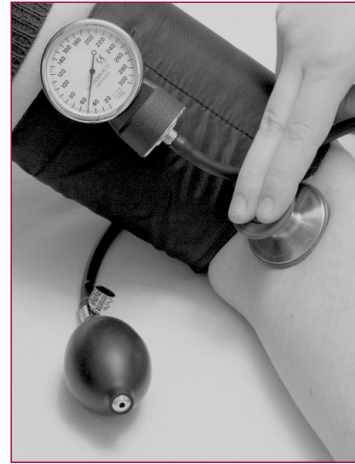


THINGS PEOPLE SHOULD KNOW ABOUT HYPERTENSION

In the Clinic
Annals of Internal Medicine
annals.org

- Hypertension, often called high blood pressure, is a common health problem.
- Most people do not know they have high blood pressure. Some people get headaches or swollen legs due to problems related to hypertension, such as heart failure.
- We don't know what causes hypertension. In a few people who have another disease that causes hypertension, it can be cured. But most people must take medicines to control their blood pressure.
- If you don't get treated for your hypertension, there is a better chance you could have a heart attack, stroke, or kidney failure.
- Just having healthy habits may lower your blood pressure. Follow these healthy habits even if you take blood



pressure medicine: Eat less salt, exercise more, eat more fruits and vegetables, lose weight, drink less alcohol, and stop smoking.

- Work with your doctor to have better health habits, measure your blood pressure at home, and take your medicine every day. Keep all of your doctor appointments.

For More Information

American College of Physicians: ACP Special Report: Living with Hypertension

www.doctorsforadults.com/images/healthpdfs/hypertension_report.pdf

American Heart Association: High Blood Pressure

www.americanheart.org/presenter.jhtml?identifier=2114

National Heart, Lung, and Blood Institute: Your Guide to Lowering Blood Pressure

www.nhlbi.nih.gov/health/public/heart/hbp/hbp_low/hbp_low.pdf

National Kidney Foundation: High Blood Pressure (Hypertension)

www.kidney.org/atoz/atozTopic.cfm?topic=1

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