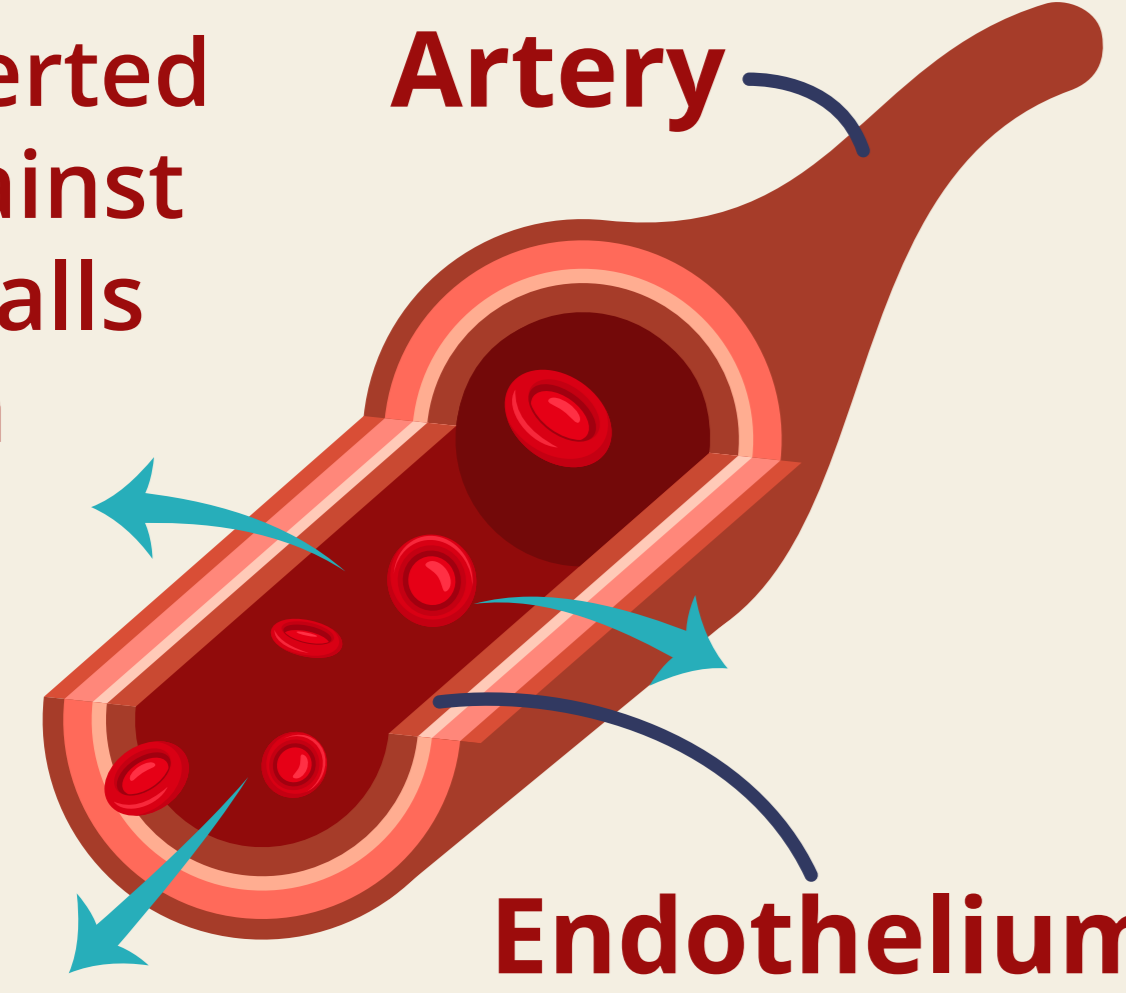


TOP TIPS FOR HEALTHY BLOOD PRESSURE

High blood pressure affects 1 in 4 men and 1 in 5 women. Often undetected, it can increase significantly the risk of coronary heart disease, stroke and kidney disease. Diet and lifestyle can play a huge part in reducing these risk factors, whether alongside medical treatment once diagnosed, or as a lifelong preventative measure.

WHAT IS BLOOD PRESSURE?

Pressure exerted by blood against the artery walls measured in millimetres of mercury (mmHg).



Artery


Endothelium

When it's too high it can cause damage, harden the arteries and decrease flow of blood and oxygen to the heart.

Nitric Oxide (NO) regulates blood pressure by dilating the arteries.

GET REGULAR BLOOD PRESSURE CHECKS

Visit your GP if you have any symptoms such as headaches, nosebleeds, irregular heartbeat, buzzing in the ears, tiredness, nausea, anxiety, chest pain.



SYS 118
DIA 78

Diastolic: The pressure measured between heartbeats
Systolic: The pressure in the arteries when the heart beats

	HYPERTENSION			
	NORMAL	ELEVATED	HIGH - STAGE 1	HIGH - STAGE 2
SYSTOLIC	<120	120-129	130-139	140 and above
DIASTOLIC	<80	<80	80-89	90 and above

FOODS AND NUTRIENTS WITH PROTECTIVE PROPERTIES:

MAGNESIUM
Relaxes blood vessels

GARLIC
Diuretic effect

VITAMIN D

SELENIUM

FOODS HIGH IN PLANT POLYPHENOLS WHICH COUNTER OXIDATIVE STRESS AND INCREASE NO:
Berries
Pomegranate
Beetroots
Cacao & dark chocolate
Green tea

VITAMIN C
Strengthens vascular walls

RISK FACTORS: WHAT CAN INCREASE BLOOD PRESSURE?

Trans-fats and excess saturated fats: fat deposits in arteries

Race: more common in people of African heritage

Pregnancy

Too much alcohol

Dehydration

Not enough potassium from fruit and veg to balance the sodium

Smoking
Damages the endothelium. Nicotine causes vasoconstriction.

Salt >6g/day: due to fluid retention

Refined carbs/ sugar: Fat deposits in the arteries; insulin narrows blood vessels

Family history

Black licorice: Avoid daily consumption

Sedentary lifestyle: 30-50% greater risk

Chronic stress: Narrows blood vessels

Coffee >5 cups due to increased adrenaline

Being overweight

Certain medications e.g. birth control pill

Age: our ability to produce NO diminishes

Underlying conditions: kidney disease, thyroid issues, sleep apnea

2 PROVEN APPROACHES TO CHOOSE FROM:

1 DASH DIET

(Dietary Approaches to Stop Hypertension)

Focuses on fruits, vegetables, whole grains, poultry, fish, nuts, low-fat dairy, low meats, low sugar-sweetened beverages, low saturated & total fat, low salt.

2 MEDITERRANEAN DIET



MONTHLY MEAT

WEEKLY EGGS, POULTRY, FISH & SEAFOOD

DAILY CHEESE & YOGURT, OLIVE OIL, FRUITS, LEGUMES & NUTS, VEGETABLES, COMPLEX CARBS & WHOLE GRAINS

DRINK WATER

WINE IN MODERATION

Exercise daily: Consult your GP if needed

Practice relaxation techniques: Breathing, yoga