

MEDICAL ARTICLES

BY: PATIENT SUPPORT GROUP

OCTOBER 2026

Blood Pressure Awareness: Protecting Your Heart and Health.

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High blood pressure (hypertension) can often be prevented and controlled through healthy lifestyle choices, regular monitoring, and adherence to medical advice. Taking small steps today can significantly reduce the risk of future health complications.

Blood pressure is the force of blood pushing against the walls of your arteries. High blood pressure, often called the "silent killer," usually has no symptoms but can increase the risk of heart disease, stroke, kidney disease, and other serious health conditions. Regular blood pressure checks and a healthy lifestyle can help prevent complications.



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Tips to Maintain Healthy Blood Pressure:

- Eat a balanced diet low in salt, saturated fats, and processed foods.
- Maintain a healthy weight.
- Engage in regular physical activity, such as walking for at least 30 minutes most days.
- Avoid smoking and limit alcohol consumption.
- Manage stress through relaxation techniques and adequate sleep.
- Take prescribed medications as directed by your healthcare provider.
- Monitor your blood pressure regularly.

When to Seek Medical Advice:

Consult your healthcare provider if your blood pressure readings are consistently above normal or if you experience symptoms such as severe headache, chest pain, shortness of breath, dizziness, or vision changes. Remember: Regular blood pressure checks and healthy lifestyle choices can help prevent complications and support a healthier life.



KNOW YOUR NUMBERS, PROTECT YOUR HEART, AND LIVE A HEALTHIER LIFE.