

A Healthy Blood Pressure Goal Is Within Reach



How to stay on track



The first step toward better health is knowing your blood pressure (BP) goal. This is something you and your doctor should have talked about.

- Your BP goal takes in to consideration your other risk factors besides high BP, including lifestyle, diet, and other conditions
- It's a good idea to write down your BP goal to have a visual reminder as you work to lower your numbers
- Remember, committing to one small step at a time means you'll soon be on your way to a healthier lifestyle

The importance of monitoring



High BP doesn't always have symptoms. So the only way you'll know if your BP is too high is to check it regularly, including monitoring it at home. Home monitoring can help you keep track of your BP over time, so you and your doctor can see if your treatment plan is working.

Keep in mind that home monitoring is not a substitute for regular visits to your doctor's office. And, don't stop taking your medication, even if your readings have reached the goal your doctor has set.

One step at a time



- Losing weight can help lower BP—studies have shown that overweight patients can lower systolic blood pressure (SBP) by a range of 5-20 mm Hg by losing weight¹
- Healthy eating may help lower BP—a healthy eating plan, such as the [Dietary Approaches to Stop Hypertension \(DASH\)](#) diet, has been shown to lower SBP by a range of 8-14 mm Hg in various studies¹
- Cutting out salt (sodium) in your diet may help lower BP—in studies, people who reduced their salt intake reduced SBP by a range of 2-8 mm Hg¹
- Regular exercise can help lower your BP numbers—studies have shown that increased physical activity lowered SBP by a range of 4-9 mm Hg¹

Reference: 1. Chobanian AV, Bakris GL, Black HR, et al. Seventh Report of the Joint National Committee on Prevention, Detection, Evaluation, and Treatment of High Blood Pressure. *Hypertension*. 2003;42:1206-52.

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