



**WASHINGTON HEALTH SYSTEM**  
Wilfred R. Cameron Wellness Center



## Hypertension: How to Lower Your Blood Pressure Naturally

Hypertension is the medical term for elevated blood pressure: Diagnosed as a systolic pressure over 140 and diastolic pressure over 90 most of the time. The CDC shows 30% of Americans fall into the pre-hypertensive range which is categorized as a blood pressure over 120/80 but less than 140/90. Those individuals experiencing pre-hypertension have a higher risk of developing hypertension if left untreated.

Hypertension is a silent disease, meaning you do not feel the damage that is done when your blood pressure is elevated, and over time many problems can arise as a result. Uncontrolled hypertension increases your risk of developing kidney disease, stroke, heart attack, heart failure, and early death.

Factors that increase your risk of developing hypertension:

- Are African-American
- Are Obese (BMI >30)
- Often Stressed or Anxious
- Smoker
- Diabetic
- Family history of hypertension
- High sodium (salt) diet
- Excessive alcohol use (more than one drink per day women and two drinks per day men)

Ways to decrease your blood pressure naturally:

1. Exercise at least 30 minutes per day. Cardiovascular exercise is beneficial for improving blood pressure. Become more active within your lifestyle.
2. Begin to incorporate stress management techniques into your lifestyle. Yoga, deep breathing exercises, meditation and exercise are some examples of stress management activities.
3. Limit or eliminate prepared, processed foods. These foods tend to be high in sodium and can raise blood pressure. Sodium intake should not exceed 1,500mg each day based on the Dietary Guidelines for Americans Recommendation.
4. Consume more fruits and vegetables each day. These foods are high in potassium which can help to lower your blood pressure.
5. If overweight, weight loss can help to improve your blood pressure. Speak to a Registered Dietitian to help you establish an effective weight loss plan.
6. If you currently smoke, quitting smoking can help to lower your blood pressure.

For more information, contact a Registered Dietitian at the Wilfred R. Cameron Wellness Center, 724.250.5207:  
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