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તમારી તબિયત

Your Health

Blood Pressure



Why does blood pressure matter?

High blood pressure doesn't seem very important as it seems like everyone has it these days, but it is a very significant disease and can cause a lot of complications.

A high blood pressure can cause harm to a lot of the important organs such as: your heart, eyes, blood vessels and much more. It is a disease that can cause considerable damage, but with the right lifestyle choices can easily be managed and prevented.

How do I control my blood pressure?

The best way to control your blood pressure is by having a healthy and balanced lifestyle. This lifestyle focuses on 4 main aspects:

Diet

We all love to eat dhaar bhaat, shaak rotli, which is very healthy as it is rich in vitamins, proteins and carbohydrates. However, it can also be high in salt. Salt is a very big cause of having a high blood pressure. Adults should eat no more than 6g of salt per day – that's around 1 teaspoon. It is important to try to reduce our salt intake and cutting out excessive salt over a long period of time can help reduce your blood pressure.

We can minimise drinking caffeinated drinks which will also help reduce your blood pressure. This includes chai, coffee, and fizzy drinks. It okay to drink these drinks as part of a balanced diet, but it's important that these drinks are not your main or only source of fluid.

Exercise

Being overweight and inactive causes high blood pressure because your heart must work harder to pump blood around the body. Keeping active and losing weight helps lower your blood pressure by keeping your heart healthy and strong. Just losing a few pounds will make a big difference to your blood pressure and your overall health.

Quitting Smoking and Alcohol

Smoking and drinking excessive alcohol are two factors that will not only increase your blood pressure, but also the risk of life-threatening complications. Smoking itself increases the chances of heart attacks and stroke but with high blood pressure the risk of heart and lung disease also increases. Alcohol over time will also raise your blood pressure. It is very high in calories and will make you gain weight. This weight gain will make your blood pressure even higher.

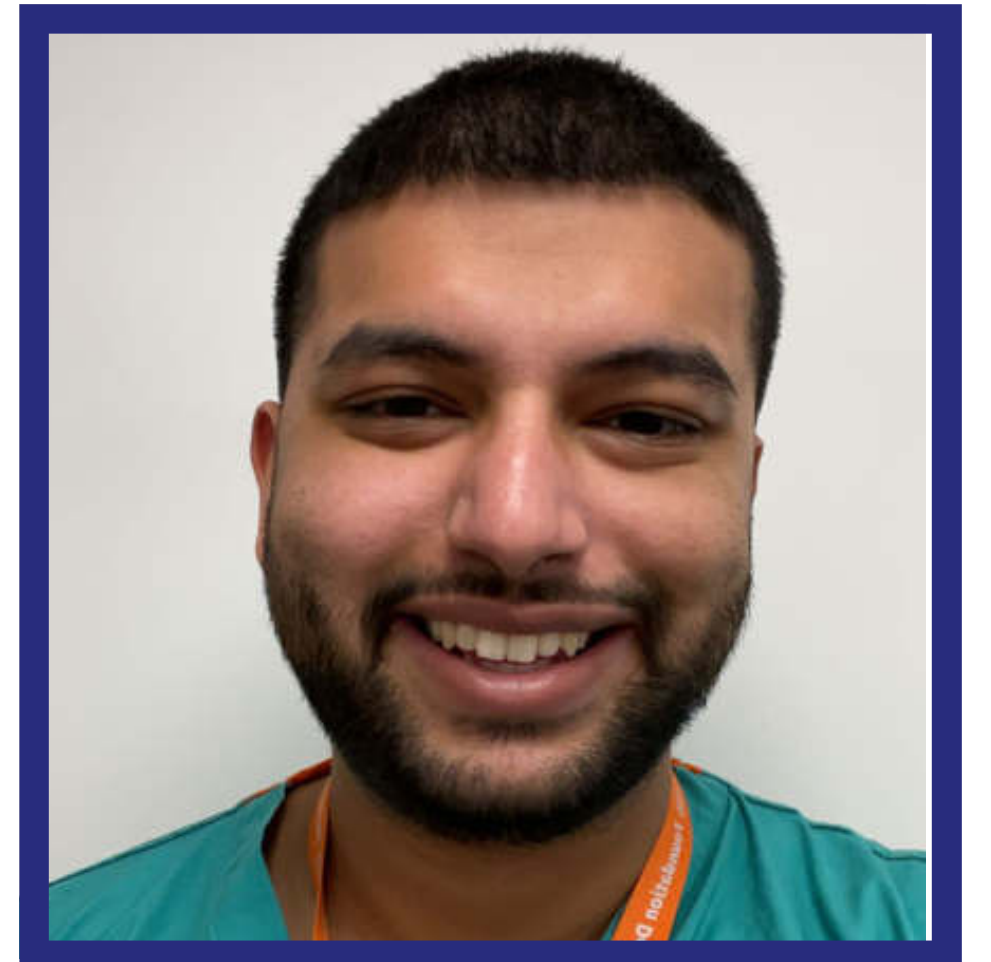
De-stress

You may notice it yourself, during a stressful time, you can feel your blood pressure rising. This is a normal process, and it is a way your body is designed to deal with stressful situations over a short space of time. However, being in a constantly stressful environment can lead to a long term raised blood pressure, increasing the strain on the heart and other organs in the body. It is important to always find ways to de-stress like meditating, exercising, talking to friends, or listening to music.

If you already have a high blood pressure, doing these things can help and possibly reverse your high blood pressure. It is important to have regular check-ups with your GP every 6 months to check your blood pressure or even monitor your blood pressure at home with a home reader.

We hope this has helped!
Tame 100 varus na sukhi thav - May you live
happily to 100 years!

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