

CONTROLLING BLOOD PRESSURE

- Avoid excess salt and fat in the diet to decrease the workload on the heart.
- If symptoms decrease, it means the medication is working, so do not stop taking it.
- If you suddenly stop taking some antihypertensives, it can cause your blood pressure to suddenly increase dramatically and can lead to severe complications.
- If you are having undesirable side effects from the medication, talk with your health care provider about them rather than discontinuing the medication yourself.
- Set up a system so you know that you have taken the medication at the same time each day.