

## High Blood Pressure Prevention and Treatment Options

### Moderating your stress and salt intake can make a huge difference

High blood pressure or hypertension is a dangerous, often symptomless condition that can lead to strokes, heart attacks, heart failure or kidney disease. Healthy habits are central to preventing hypertension, while proper management can reduce the risk of stroke and other serious cardiovascular disorders.

#### Lifestyle Changes to Prevent High Blood Pressure

The most critical component of preventing high blood pressure is a healthy lifestyle. You can significantly lower your blood pressure by taking these steps:

- Lose weight if you are overweight
- Quit smoking
- Reduce and manage your stress
- Eat a healthy diet, with a focus on fruits and vegetables, as well as moderating your intake of saturated and total fat and reducing your sodium intake
- Exercise regularly
- Drink plenty of water
- Limit alcohol consumption to two drinks a day for men and one drink a day for women

#### What Are My Treatment Options?

If you have high blood pressure, your physician can help you develop a treatment plan with a regimen of medications that can supplement the healthy habits needed to maintain better blood pressure numbers.

There are many types of drugs used to treat high blood pressure, including:

- Diuretics, sometimes called water pills, which help your kidneys eliminate sodium and water from your bloodstream.
- Beta blockers, which reduce the workload on your heart and open your blood vessels, causing your heart to beat slower and with less force.
- Angiotensin-converting enzyme (ACE) inhibitors, which can help relax blood vessels by blocking the formation of a natural chemical that narrows them.
- Calcium Channel Blockers, which restrict calcium from entering the muscle cells of your heart and blood vessels. This allows blood vessels to relax, lowering your blood pressure.
- Alpha Blockers, which reduce nerve impulses that tighten blood vessels and allow blood to flow more freely.

Hypertension has become increasingly common, but it can be easily managed with a combination of lifestyle and treatment options.

As part of your Best Doctors benefits, an in-depth review of your medical case gives you an easy-to-understand report that either confirms your diagnosis and treatment or recommends a change. If you have been diagnosed with high blood pressure, Best Doctors can help you eliminate any uncertainty and get additional guidance on your health and wellness.

**For more information, call 866.904.0910 or visit [members.bestdoctors.com](https://members.bestdoctors.com).**