

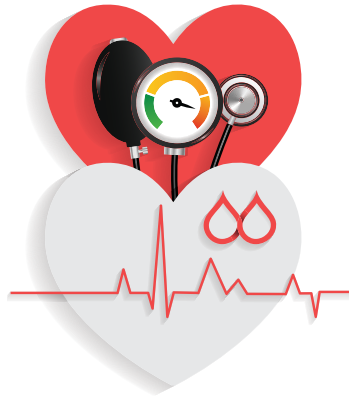
3 SIMPLE STEPS TO KEEP THE BLOOD PRESSURE WITHIN HEALTHY RANGE

DESIGN HO KAN KEONG

Q

MANY OF MY FAMILY MEMBERS HAVE HIGH BLOOD PRESSURE. CAN YOU GIVE ME SOME ADVICE ON HOW TO AVOID DEVELOPING THIS CONDITION?





ASSOCIATE PROFESSOR DR VERNA LEE KAR MUN
Family Medicine Specialist
IMU University

TIP 1 **CHECK, CHECK, CHECK YOUR BLOOD PRESSURE!**

Aim to have your blood pressure checked **at least once a year** even if you are in good health.

Readings that are consistently above **140/90** in the absence of an illness would be a sign that you have high blood pressure or hypertension.

Those who have a family history of hypertension face a higher risk for developing hypertension should **check more regularly** so that consistently elevated blood pressure can be detected and treated.

TIP 2 **BE ALERT FOR THINGS THAT COULD RAISE YOUR BLOOD PRESSURE**

Most people with hypertension are aware that they need to **reduce their salt intake, get enough exercise, and maintain a healthy body weight.**

However, there are also other, lesser-known factors that contribute to elevated blood pressure.

One factor is **secondary hypertension** caused by other health conditions, the most common being obstructive sleep apnoea, thyroid problems, and chronic kidney disease.

Another factor is certain **medications** such as decongestants—which constricting blood vessels—and non-steroidal anti-inflammatory drugs (NSAIDs)—which can cause retention of salt and water—can increase blood your pressure. While short-term usage of these medications is generally safe, they are best taken with your doctor’s advice.

Consuming more foods that are naturally **high in potassium** such as bananas, nuts, and citrus fruits can help your body to regulate your blood pressure levels.

TIP 3 **HELP YOUR DOCTOR HELP YOU MANAGE YOUR BLOOD PRESSURE**

Be open about your overall wellness, family history of hypertension and lifestyle habits—doing so will allow your doctor to better help you.

Your doctor can assist you in setting measurable targets using your blood pressure readings and help you plan for sustained weight management, both of which will support the action of any medications that are prescribed.

BONUS TIP

Hypertension can be reversed with appropriate lifestyle changes. Start with small measures such as:

- Using the stairs instead of an elevator.
- Parking farther away from your destination so that you will walk and move more.
- Reduce the amount of sauces and gravies in your daily diet.

HAVE A QUESTION ABOUT HEALTH?

Drop us a note at teckchoon.lim@mims.com or scan the QR code to leave your question at our social media. We will get in touch with a suitable healthcare professional to obtain the answer.

