

## [HOW DO YOU PREVENT HIGH BLOOD PRESSURE](#)



## **RELATED BOOK :**

### **Learn to Prevent High Blood Pressure WebMD**

To help prevent high blood pressure, limit how much alcohol you drink to no more than two drinks a day. The "Dietary Guidelines for Americans" recommends that for overall health, women should  
<http://ebookslibrary.club/Learn-to-Prevent-High-Blood-Pressure-WebMD.pdf>

### **Preventing High Blood Pressure Hypertension Healthy**

Cigarette smoking raises your blood pressure and puts you at higher risk for heart attack and stroke. If you do not smoke, do not start. If you do smoke, quitting will lower your risk for heart disease. Your doctor can suggest ways to help you quit. For more information about tobacco use and quitting, see CDC's Smoking and Tobacco Use Web site.

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### **6 Ways to Prevent Hypertension Everyday Health**

Making an effort to prevent high blood pressure can reduce your risk of heart attack, stroke, and other serious illnesses. If you are at risk for hypertension, take these steps to help prevent it.

<http://ebookslibrary.club/6-Ways-to-Prevent-Hypertension-Everyday-Health.pdf>

### **How Do You Prevent High Blood Pressure Reference com**

Learning to manage stress can also prevent high blood pressure, as stress can contribute to the condition over time, according to WebMD. If alcohol is consumed at all, using moderation is necessary. Men shouldn't consume more than two alcoholic beverages per day, and women should not consume more than one alcoholic drink per day, according to the Centers for Disease Control and Prevention.

<http://ebookslibrary.club/How-Do-You-Prevent-High-Blood-Pressure--Reference-com.pdf>

### **10 ways to control high blood pressure without medication**

If you've been diagnosed with high blood pressure, you might be worried about taking medication to bring your numbers down. Lifestyle plays an important role in treating your high blood pressure. If you successfully control your blood pressure with a healthy lifestyle, you might avoid, delay or reduce the need for medication.

<http://ebookslibrary.club/10-ways-to-control-high-blood-pressure-without-medication--.pdf>

### **How to Prevent High Blood Pressure MedlinePlus**

There are two main types of high blood pressure: primary and secondary high blood pressure. Primary, or essential, high blood pressure is the most common type of high blood pressure. For most people who get this kind of blood pressure, it develops over time as you get older.

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### **3 Ways to Avoid High Blood Pressure wikiHow**

How to Avoid High Blood Pressure. In this Article: Eating a Healthy Diet Making Lifestyle Changes Managing Stress Community Q&A. High blood pressure or hypertension is a major risk factor for heart disease and failure, strokes, and kidney disease.

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### **4 Ways to Prevent Low Blood Pressure wikiHow**

High blood pressure medicines like calcium channel blockers, nitrates, beta blockers, and diuretics, for instance, can lower your blood pressure beyond where it should be. If your medication is causing your blood pressure to drop excessively low and you experience fainting or lightheadedness, talk to your doctor about alternative medications which might not have the same effect.

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