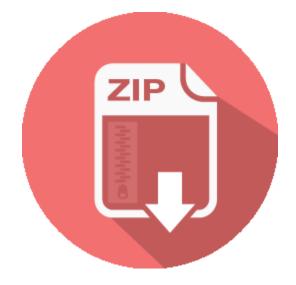
HOW TO PREVENT HIGH BLOOD PRESSURE



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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

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High blood pressure is found to have a cause-effect relationship with insulin resistance, which means that elevated insulin levels may cause your blood pressure to rise, and vice versa. 6 This is because insulin resistance depletes your magnesium levels, which in turn leads to constriction of the blood vessels. It may also inhibit nitric oxide (NO) in your blood by elevating your uric acid levels NO is needed to maintain the elasticity of the arteries.

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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.

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How to Prevent High Blood Pressure Advanced Health

High blood pressure, also called hypertension, affects about 75 million people in the United States alone. That is a third of adults over the age of 20. More people are dying from hypertension-related diseases than from the next three deadliest diseases combined.

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Most people have no single cause for high blood pressure. Some of the common causes of high blood pressure are stress and anxiety, lack of physical activity, excessive intake of alcohol, smoking, too much salt in diet and certain medications.

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6 Ways to Prevent Hypertension Everyday Health

Drinking too much alcohol can lead to high blood pressure. For women, that means no more than one drink a day, and for men, no more than two. Monitor your blood pressure.

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3 Ways to Avoid High Blood Pressure wikiHow

Incorporate vegetables, fruits, whole grains and low-fat dairy products into your daily diet. Certain nutrients have been found to help prevent high blood pressure: potassium, calcium, magnesium, and omega-3s.

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High blood pressure hypertension Prevention NHS

High blood pressure can often be prevented or reduced by eating healthily, maintaining a healthy weight, taking regular exercise, drinking alcohol in moderation and not smoking.

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How To Prevent High Blood Pressure

Dr. Neil Siecke, Cardiologist at the Swedish Heart & Vascular Institute, discusses ways to avoid and treat high blood pressure, as well as how high blood pressure can effect you.

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