



Control these factors to stop your blood pressure from increasing

As you might be aware of, May is High Blood Pressure and Stroke Awareness Month. Therefore, in this article, our aim will be to share with you some critical information about high blood pressure. It is quite surprising to observe that a lot of people do not know their blood pressure numbers. They make the mistake of assuming that as long as they are healthy, they do not need to worry about their blood pressure numbers. They make that mistake because they are not aware of the fact that high blood pressure is known as 'the silent killer.' In most cases, it doesn't produce any symptoms, which means you may have high blood pressure but you might not be aware of it.

Now, the reason you should know what your blood pressure numbers are is because it has been found that around 70 percent of people who have a stroke also have high blood pressure. If your blood pressure is normal, make sure you continue to live a healthy, active lifestyle to keep it there. If it's not, your doctor will prescribe certain medicines to you to keep your blood pressure at a normal range. You should also do your part to control your blood pressure numbers. One of the first things you need to do is to become aware of the key risk factors. What are those factors? Let's find out.

Excessive weight and lack of physical activity

Your body requires more blood flow to provide oxygen and nutrients to your tissues when you are overweight or obese. And when there's too much blood circulating through your blood vessels, your arteries start experiencing excessive pressure. That is why it is essential to remain physically active so that you do not put on weight.

Not eating a healthy, balanced diet

Eating salty food is not bad as long as you can consume them in moderation. However, if there's too much sodium in your diet, your body will hold a lot of fluid and the arteries in your body will begin to constrict, which is not good for your blood pressure. Your diet should have a good amount of potassium as it is known for keeping the sodium levels in your cells balanced. It helps reduce your high blood pressure by relaxing the smooth muscle cells in the arteries.

Stress and drinking excessive alcohol

Many people do not know that experiencing high levels of stress can also increase your blood pressure for a while. It is important that you do not rely on binge eating, alcohol consumption, or tobacco to deal with stress as these things can contribute toward increasing your blood pressure even more.

Apart from these, other factors common for affecting blood pressure includes non-steroidal anti-inflammatory drugs, cough and cold medications, lack of vitamin D in diet, and chronic conditions like sleep apnea, diabetes, and kidney disease. You can keep your blood pressure numbers normal as long as you keep the risk factors in mind and live a healthy, active lifestyle. Also, make it a habit to visit your doctor at fixed intervals to monitor your blood pressure and heart health. Depending on your symptoms and health condition, your doctor might use [PC EKG](#) system to measure the electrical signal in your heart to check for signs of any heart disease.

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