

## High blood pressure and stroke awareness month: Tips you must follow for a healthy heart

In the United States, over 68 million people have hypertension, which is known as high blood pressure, and one of the leading causes of death. High blood pressure gives rise to different heart diseases and puts the person at risk of experiencing a stroke.



May is celebrated as **High Blood Pressure and Stroke Awareness Month** in the United States. To help motivate you to adopt healthy eating habits and workout routines, which keep blood pressure under control, we have mentioned some must-follow tips below.

**Switch to healthy food** – A heart-healthy diet includes plenty of fruits, green vegetables, and whole grains. In addition, introduce low and non-fat dairy, fish, skinless poultry, beans, nuts, seeds, and non-tropical vegetable oils to every day's diet. Limit the consumption of sodium and salt, pay attention to added sugar, and avoid sugary drinks and processed foods.

**Cut out excess sodium** – More U.S. adult population are at risk of high blood pressure because of excess sodium consumption. People over age 50 already have conditions like high blood pressure, chronic kidney disease, and diabetics. On average, a U.S. citizen consumes over 70% sodium through processed and pre-packaged foods. Even if you're not a victim of high blood pressure, cutting out the consumption of salt and sodium in excess is beneficial in the long run. Another benefit of eliminating excess sodium from the diet is it delays the aging process.

**Limit alcohol consumption** – Drinking alcohol gives birth to high blood pressure, stroke, obesity, breast cancer, accidents, and suicides. While complete elimination of alcohol is recommended, drinking alcohol in moderation is acceptable. It's suggested to not intake more than two drinks a day for both men and women.

**Avoid tobacco** – Most people are aware of the relationship between tobacco use and lung cancer, but they don't know its consumption is also linked to heart diseases and stroke. The best way to stay safe from chronic lung diseases and heart conditions is to quit smoking.

**Workout routines** – Staying more active makes a big difference in a person's health and lifestyle. Regular workout routine helps lower the risk of high blood pressure, stroke, heart conditions, diabetes, and even certain cancers. A half an hour walk helps you deal with stress, boosts energy, uplifts mood, and promotes overall well-being.

Besides adopting these healthy habits, your physician might require you to take a **Stress Test**. Based on the results of the Stress test, might require you to additionally bring home a **Holter Monitor** device to check your blood pressure and keep it under control.

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