

**high blood pressure - self help measures** - high blood pressure - self help measures this is a patient information fact-sheet from the british hypertension society high blood pressure (or hypertension), rather like high blood cholesterol or cigarette smoking, is not an illness. it is a risk factor for heart attacks and stroke. high blood pressure is very common and affects one person in seven. most people with hypertension need tablets ... **healthy blood pressure matters - documentsnadalife** - employee's guide to healthy blood pressure 2 blood pressure guide we all know that it's very important to look after the health of your heart. if left untreated, high blood pressure, also known as hypertension, increases your risk of a heart attack, heart disease or stroke. this guide aims to give you what you need to know about the silent killer. blood pressure is the measure of the force ... **food fact sheet: hypertension - british dietetic association** - you add when cooking and make more use of herbs and spices. there is no need to add salt if you are using a stock cube as they contain lots of salt. also try using a reduced salt stock cube. some people like to use a salt substitute, made from potassium chloride. however as your food will still taste salty, it won't help you get used to a less salty taste. also salt substitutes are ... **hypertension bda food fact sheet - sirona-cic** - reduce the health risks that having high blood pressure can cause. what causes hypertension? the older we get the risks of developing high blood pressure increase because our blood vessels don't stretch as well any more. there is nothing we can do to stop our bodies aging but there are plenty of other lifestyle changes we can make, including changing our diet, that can help to control our ... **heart and stroke hypertension management program** - hypertension management program susan peters rn(ec) mn cncc(c) nurse practitioner . disclosure for potential conflict of interest financial disclosure: from pooled funds of the southeast local health integration network (lhin). other: none. presentation outline objectives: describe the hmp at lakelands family health team success story lessons learned towards program improvement ... **hypertension and serious mental illness** - hypertension and serious mental illness hypertension (high blood pressure) is a common condition affecting 1 in 5 americans in which blood does not flow easily through the body's blood vessels to vital organs such as the kidneys, heart, eyes, and brain. if high blood pressure is untreated, the heart and arteries may become damaged and no longer work as well as they should. people can ... **understanding and managing hypertension your blood pressure** - before it leads to serious health problems. canadian hypertension education program chep programme l'Éducation canadienne sur l'hypertension . know what your blood pressure is and remember that both numbers are important. if either the systolic or diastolic number is consistently high, you need to make changes in your lifestyle. you may need further blood pressure checks and drug treatment. blood ... **hypertension | high blood pressure** - managing hypertension high blood pressure.. practice stress management strategies everyone copes with stress differently, but there are healthy ways to find relief. **descriptions, rationales, and outcomes of stress ...** - descriptions, rationales, and outcomes of stress management interventions descriptions chapter 2 ended with a list of desirable ingredients for sm that made it look like a cooking recipe: take two pinches of relaxation, a cup of wisdom, and three teaspoons of insight; mix well and bake at medium heat for 45 minutes. this list of ingredients was derived from a model of the stress process ...

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