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American Heart Association

- Increasing age
- Gender (males)
- Chronic kidney disease
- Obstructive sleep apnea

Socioeconomic status and psychosocial stress are also risk factors for HBP. These can affect access to basic living necessities, medication, health care providers, and the ability to make healthy lifestyle changes.

How can I control high blood pressure?

Even if you have had a prior stroke or heart attack, controlling high blood pressure can help prevent another one. Take these steps:

- Don't smoke and avoid secondhand smoke.
- Reach and maintain a healthy weight.
- Eat a healthy diet low in sodium and saturated and trans fat. Limit sweets and red and processed meats.
- Eat fruits and vegetables, whole grains, low-fat dairy and potassium.
- Be physically active. Aim for at least 150 minutes of moderate-intensity physical activity per week.



HOW CAN I LEARN MORE?

Call (1-888-478-7653) or visit stroke.org to learn more about

Sign up for our monthly Stroke Connection e-news for stroke survivors and caregivers at stroke.org.

Connect with others who have also had an experience with stroke by joining our Support Network at stroke.org.

Do you have questions for your doctor or nurse?

Take a few minutes to write down your questions for the next time you see your health care provider.

For example:

What should my blood pressure be?

How often should my blood pressure be checked?

We have many other fact sheets to help you make healthier choices, manage your condition or care for a loved one. Visit stroke.org/LetsTalkAboutStroke