

Website Content & Blog Posts



Spread the word to your digital followers about the dangers of uncontrolled high blood pressure, the importance of control, and tips for healthy living. Developed by Measure Up/Pressure Down[®], this content can easily be added to your organization's website or blog.

For questions or requests, please email MUPDNationalDayofAction@amga.org.

Warmer Weather: Safeguard Your Heart This Summer

Summertime and the living is easy – but for your heart, the warmest season of the year can be a challenge. Though higher temperatures tend to lower your blood pressure, the heat and humidity can still cause problems for your heart.

As the thermometer heats up, we've partnered with the national Measure Up/Pressure Down[®] high blood pressure campaign to give you tips for heart-healthy living this summer:

- **Hydrate with healthy drinks.** While a cold beer or soft drink sounds refreshing when the sun is shining, they can be dehydrating. Consider healthier options such as unsweetened iced tea, fruit smoothies, or non-alcoholic versions of your favorite drinks.
- **Sweat under the sun.** It only takes 30 minutes a day to lower your blood pressure. With the snow melted, hit the outdoors for hiking, swimming, tennis, or golf. When the heat or humidity is unbearable, opt for indoor activities like the treadmill or yoga.
- **Refresh your diet with fresh produce.** Many fruits and vegetables – from bell peppers and blueberries to strawberries and sugar snap peas – are in-season during the summer, meaning they're often more fresh and affordable than other times of year. Incorporate these healthy foods into [summer recipes](#).

- **Tame travel-related stress.** High levels of stress can lead to temporary but dramatic increases in blood pressure. Traveling often triggers stress, particularly when summer storms delay or cancel flights or your day at the waterpark is a washout. Find ways to manage this stress – like meditation or laughter.

To measure, monitor, and maintain your blood pressure all year round and learn more about this disease, please visit www.MeasureUpPressureDown.com.

Roll Up Your Sleeves for Blood Pressure Control

Blood pressure is more than a number – it's an important indicator of your health and well-being. Your blood pressure measures the force of blood pushing through your body. If that force is too high, it puts a strain on your arteries and causes damage to your body. If it stays high over time, it can lead to heart disease, heart attack, stroke, and other serious conditions.

Knowing and controlling your blood pressure doesn't have to be complicated! Whether or not you have high blood pressure, you can measure your blood pressure, monitor for changes, and maintain control. In honor of National High Blood Pressure Education Month (recognized every May in the United States), we encourage you to measure, monitor, and maintain your blood pressure:



Measure: Knowing your numbers is an important first step. At your next doctor's appointment, ask what your blood pressure is and write it down. Generally, "high" blood pressure is defined as a systolic (top number) reading of 140 or above and a diastolic (bottom number) reading of 90 or above. Remember to talk with your healthcare provider to determine a blood pressure goal that's specific to your health.

Monitor: To better manage the disease, you may want to check your blood pressure on a regular basis. Ask your care team about how often you should measure your blood pressure and where to do so – at the doctor's office, in the pharmacy, or at home using a home blood pressure monitor.

Maintain: If you have high blood pressure, your healthcare provider may recommend lifestyle changes and prescribe a blood pressure medication. Often, blood pressure can be managed through eating right, being active, reducing stress, setting alcohol limits, stopping tobacco use, and managing other health issues. Check out this [free booklet](#) from Measure Up/Pressure Down® for helpful tips.

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Six Steps to Control Your Blood Pressure

A routine doctor's appointment often involves a health professional checking your blood pressure. The screening is not painful or stressful and typically takes less than a minute to measure. However, the results of this simple test may identify a condition that, when managed, could help reduce your chances for stroke or heart attack.

High blood pressure, often referred to as the "silent killer," does not have any symptoms, but can cause serious damage to arteries, leading to heart disease and stroke. Nearly one in three adults in the United States has high blood pressure, and because there are no symptoms, many remain unaware of the condition for years, according to the AMGA Foundation. A blood pressure screening in a doctor's office can determine if you have healthy or high blood pressure. Doctors, nurses, pharmacists, and other health professionals can help patients understand the risk factors for high blood pressure and its health problems, and recommend lifestyle modifications and/or medicines to control the disease.

The Measure Up/Pressure Down® national high blood pressure campaign is an initiative of AMGA Foundation to encourage adults to get in control by using lifestyle changes, including:

1. **Know your numbers** – Understanding what blood pressure is and what your numbers are is an important first step. At its simplest, blood pressure is the force of blood pushing against the walls of the arteries as the heart pumps blood. Work with your health care team to determine your individual blood pressure goals and treatment plan if your numbers are too high.
2. **Eat right** – A diet with excessive sodium (salt) may cause a person to retain fluid, which can lead to higher blood pressure. Potassium can help the body balance this sodium. Foods high in potassium include bananas, plain baked potatoes, avocados and cooked white beans.
3. **Stay active** – On average, people who are more active tend to have lower heart rates, which means the heart does less work each time it contracts, reducing the pressure on arteries. Adults should be active at least 30 minutes each day.
4. **Reduce stress** – Many Americans respond to stressful situations by eating more, getting less exercise, drinking, or smoking. Plus, a stressful situation can also increase blood pressure for a short period of time. Try to reduce the occurrence of these

situations and look for healthy ways - like meditation or walking - to help you deal with stress.

5. Set alcohol limits and eliminate tobacco – Over time, consuming a high amount of alcohol can damage the heart. Recommendations are for women to limit themselves to one drink a day and for men to two drinks to avoid seeing an increase in blood pressure. Tobacco use and secondhand smoke can immediately raise blood pressure levels and cause damage to the lining of arteries. If you're interested in quitting your tobacco use, call 1-800-QUIT-NOW.

6. Take medication – Your doctor may recommend taking a blood pressure medication to keep levels steady. Be sure to follow the directions provided for taking the medications to ensure you're getting the most benefit from them.

With Measure Up/Pressure Down[®], Americans are encouraged to [measure, monitor, and maintain](#) their blood pressure levels to stay in control of this health condition. If you don't know your blood pressure levels and want more information to determine if you might be at risk for high blood pressure, visit www.MeasureUpPressureDown.com.