

Managing Your Blood Pressure

High blood pressure (hypertension) is dangerous, and can put you at greater risk for heart attack and stroke.



Get your blood pressure checked regularly. High blood pressure usually has no symptoms, and is often only discovered through routine checks.

Normal blood pressure is 120/80 or lower

If your blood pressure is high, talk to your Mount Sinai doctor about you can work together to lower it. This may include lifestyle changes or medication.

Making healthy choices can help keep your blood pressure normal. It can also help lower blood pressure that is too high.



Eat healthy foods

Eat vegetables, fruits, and whole grains. Limit fatty meats and full-fat dairy products.



Limit alcohol

Do not have more than 1-2 drinks per day.



Exercise each day

Find ways to exercise that you enjoy, like walking with a friend.



Avoid salty foods

This includes prepackaged, processed, and prepared foods. Cook at home instead of eating out.



Don't smoke

This includes vape pens and e-cigarettes



Reduce your stress

Make sure you get enough sleep, and find time to relax and do things you enjoy.