

# We're here to help you manage your hypertension.

So you can get back  
to doing the things  
you love most.

If you're one of the nearly 50% of  
Americans with high blood pressure,  
take heart. Managing your blood  
pressure is possible, and might be  
easier than you think.

Find a care provider:



632 W Gibson Rd.,  
Woodland, CA 95695  
(530) 668-2600

 **Dignity Health.  
Woodland Clinic**  
A Service of Dignity Health Medical Foundation

# Hypertension Management

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## Take the first steps toward managing your blood pressure with these tips.



### Check your blood pressure regularly.

Talk with your health care provider about your current blood pressure, and learn what the numbers mean for you. If you need medication, don't hesitate to ask questions to ensure you understand the dosage and how it works. And, most importantly, take it as prescribed - don't stop the medication without speaking to your doctor first.



### Exercise and relieve stress.

Find times throughout the day to be active, such as playing outside with kids or grandkids, taking a walk, gardening, or playing with your dog. Doing something you love that keeps you moving for 30 minutes a day can make a difference in your blood pressure, stress level, mood, and more.



### Quit smoking.

Breathing smoke-free can be life-changing. Smoking increases your chances of developing a stroke, heart disease, peripheral arterial disease, and several forms of cancer. Talk to your care team about resources to help, so we can support you as you work toward quitting for good.



### Eat heart healthy.

So many of the foods you love are good for you, too! Fresh fruits and vegetables, beans and whole grains are all part of a healthy meal plan that can lower your cholesterol. Choosing fish and lean proteins, yogurt and low fat dairy, or enjoying smaller portions can help your heart, keep weight down, and boost energy up.



### Reduce salt (sodium) intake.

Too much salt can increase blood pressure, so try to limit salt to 1600 mg/day. There are simple ways to help cut out unnecessary sodium: reading food labels to be aware of the sodium in your favorite items, avoiding fast food, or using new herbs and spices instead of additional salt. Low sodium can still mean big flavor!

## Ready for your check-up?

Visit us online at [dhmf.org/woodland](https://dhmf.org/woodland) to make an appointment with your primary care physician today to discuss your current blood pressure and what you can do to decrease your risk.