



TIPS PARA UNA VIDA SANA



CÓMO PREVENIR Y DISMINUIR LA PRESIÓN ALTA

- LA PRESIÓN SANGUÍNEA SE REFIERE A QUÉ TAN FUERTE TU CORAZÓN DEBE TRABAJAR PARA BOMBLEAR SANGRE A TODO TU CUERPO
- LA PRESIÓN ALTA PUEDE AUMENTAR TUS PROBABILIDADES DE TENER OTRAS ENFERMEDADES
- ES MÁS ALTA EN HOMBRES QUE EN MUJERES¹



CONSUME UNA DIETA SANA PARA EL CORAZÓN²



Añade frutas y vegetales a tu dieta



Disminuye el consumo de sal a menos de 1500 miligramos por día



Ingiere comidas altas en potasio como plátanos, naranja y habichuelas³

HAZ MÁS EJERCICIOS²



Añade varios ejercicios a tu rutina



Elige un ejercicio que disfrutes



Haz ejercicio 30 minutos al día

PRACTICA HÁBITOS SALUDABLES²



Considera dejar de fumar y usar productos derivados del tabaco



Limita el consumo de alcohol a 1 bebida por día en las mujeres y 2 bebidas por día en hombres



Toma tus medicamentos como se te indique

FUENTES:

1. RAISED BLOOD PRESSURE. WORLD HEALTH ORGANIZATION WEBSITE. http://www.who.int/gho/ncd/risk_factors/blood_pressure_text/en/. ACCESSED APRIL 22, 2018.
 2. WHELTON PK, CAREY RM, ARONOW WS, ET AL. 2017 ACC/AHA/AAPA/ABC/ACPM/AGS/APHA/ASH/ASPC/NMA/PCNA GUIDELINE FOR THE PREVENTION, DETECTION, EVALUATION, AND MANAGEMENT OF HIGH BLOOD PRESSURE IN ADULTS. *J. AM. COLL. CARDIOL.* 2017; DOI: 10.1016/j.jacc.2017.11.006.
 3. PLANTAIN FRITTERS BY ANA TORRES A FROM THE NOUN PROJECT.

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HEALTHY LIVING TIPS



PREVENTING AND LOWERING HIGH BLOOD PRESSURE

- BLOOD PRESSURE IS HOW HARD YOUR HEART HAS TO WORK TO PUMP BLOOD THROUGHOUT YOUR BODY
- IT CAN INCREASE YOUR CHANCES OF OTHER DISEASES
- IT IS HIGHER IN MEN THAN IN WOMEN¹



EAT A HEART HEALTHY DIET²



Add fruits and vegetables slowly to your diet



Decrease salt intake to less than 1500 mg a day



Eat foods high in potassium like plantains, oranges, and beans³

ADD MORE EXERCISE²



Add variety to your exercises

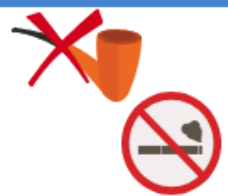


Choose an exercise that you enjoy



Exercise 30 minutes a day

PRACTICE HEALTHY HABITS²



Consider quitting smoking and tobacco products



Limit alcohol consumption to 1 drink a day for women and 2 drinks a day for men



Take medications as directed

SOURCES:

1. RAISED BLOOD PRESSURE. WORLD HEALTH ORGANIZATION WEBSITE. [HTTP://WWW.WHO.INT/GHO/NCD/RISK_FACTORS/BLOOD_PRESSURE_TEXT/EN/](http://www.who.int/gho/ncd/risk_factors/blood_pressure_text/en/). ACCESSED APRIL 22, 2018.
2. WHELTON PK, CAREY RM, ARONOW WS, ET AL. 2017 ACC/AHA/AAPA/ABC/ACPM/AGS/APHA/ASH/ASPC/NMA/PCNA GUIDELINE FOR THE PREVENTION, DETECTION, EVALUATION, AND MANAGEMENT OF HIGH BLOOD PRESSURE IN ADULTS. *J. AM. COLL. CARDIOL.* 2017. doi: 10.1016/j.jacc.2017.11.006.
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