Common Treatments for Hypertension

Prescribed medications: take as directed and do not stop taking unless your doctor advises discontinuing

Healthy diet low in salt

Exercise at least three times per week

Find ways to lower stress:
Contact the Employee Work Life Center.
Forrestal: 6-9765 Germantown: 3-4275

Learn to monitor your blood pressure at home

Drink alcohol in moderation

Stop smoking

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