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Hypertension or High Blood Pressure

Blood pressure is a silent killer. Over time it can increase your risk of heart attacks, strokes, and kidney failure. However, you can do something to help control your blood pressure – and minimize / possibly eliminate your medications!



1) Diet: The DASH Diet was found to decrease blood pressure by 6 mmHg systolic. It emphasizes less than 2g of salt while eating more fresh vegetables and fruits. (Salad/Veggies are the main course!) Decrease frozen prepared meals/eating out, and canned/deli meats. Decrease red meats, and increase fish and poultry, nuts. Increase fiber with whole grains. This diet also contains a lot of potassium/calcium/magnesium rich foods, which will help decrease blood pressure. More info can be found at <https://www.nhlbi.nih.gov/health-topics/dash-eating-plan>.

2) Aerobic Exercise (3-4x a week, 40 min over 12 weeks) reduces blood pressure by 4-6 mm Hg, even if you don't lose weight!

3) Weight loss: every lb lost is about 1 mm Hg decrease in blood pressure! (if your Blood pressure is 150 systolic, and you lose 20 lbs, your new blood pressure would be 130 systolic!)

4) Limit alcohol 4 drinks/week for women, 7 drinks/week for men. A drink is ½ glass of wine, 1 small beer, or one shot of liquor.

Supplements

FISH: Eating more fish in combination of weight loss also decreases blood pressure. Fish oil supplementation decreases blood pressure but less than eating fish – and you need to take about 3-4 g a day.

Magnesium: 250-500 mg a day can possibly modestly reduce blood pressure