

Lifestyle Planner

My priorities are 1 _____, 2 _____, 3 _____, 4 _____, 5 _____
Use additional pages to record extra details

| My Priorities (rank in order) | Lifestyle factors that can improve my blood pressure | My goal | What is my status (1 = Poor 5 = Excellent) | What can I improve | What barriers prevent me from changing? | What can I do to overcome these barriers? | By When |
|-------------------------------|--|---|--|--------------------|---|---|---------|
| | Physical Activity ↓ | 30-60 minutes of moderate activity/most days of the week | (1)(2)(3)(4)(5) | | | | |
| | calories ↓ | To maintain a healthy weight. Loose weight if overweight | (1)(2)(3)(4)(5) | | | | |
| | fruit & vegetables ↔ | 7-10 servings a day | (1)(2)(3)(4)(5) | | | | |
| | saturated fats ↓ | Avoid saturated or trans fats such as shortening, oils (palm, coconut), lard | (1)(2)(3)(4)(5) | | | | |
| | salt or sodium ↓ | Avoid foods with added sodium. Choose foods with the least added sodium | (1)(2)(3)(4)(5) | | | | |
| | whole grains ↓ | Part of the daily diet | (1)(2)(3)(4)(5) | | | | |
| | switch to low fat dairy products ↓ | Part of the daily diet | (1)(2)(3)(4)(5) | | | | |
| | My waist line ↓ | Men 102cm/40in. Women 88cm/35in. Asian Men 90cm/35in. Asian Women 80cm/32 in. | (1)(2)(3)(4)(5) | | | | |
| | Drinks alcohol in moderation | ≤2 drinks per day Women: ≤9 drinks/week Men: ≤14 drinks/week | (1)(2)(3)(4)(5) | | | | |
| | Stop smoking | Smoke free | (1)(2)(3)(4)(5) | | | | |
| | Stress | Reduce Stress | (1)(2)(3)(4)(5) | | | | |

* Changing a single lifestyle could reduce blood pressure as much as one blood pressure medication

BLOOD PRESSURE MEDICATIONS

There are many different medications for high blood pressure. Most of them belong to six basic “classes” that work in different ways to lower blood pressure:

- Diuretics lower blood pressure by reducing the amount of salt and water in the body.
- Beta-blockers slow the heart rate.
- ACE (angiotensin converting enzyme) inhibitors prevent the formation of hormones that increase blood pressure.
- Renin inhibitors prevent the formation of the same hormones as ACE inhibitors but in a different way.
- ARBs (angiotensin receptor blockers) block the effects of hormones that increase blood pressure.
- CCBs (calcium channel blockers) relax blood vessels.

You may require two or more drugs to control your blood pressure.

To keep your blood pressure in the target range and to reduce the risk of heart disease, stroke, kidney disease or eye problems, you should take your medication as instructed.

You should talk with your health care provider if you are unsure how to take your medication or have any other questions. You **should not stop taking** your medication without first talking to a health care provider unless you have a severe reaction.

If you have trouble remembering to take your medication, you can:

- Develop a routine (e.g., take them at the same time each day). If you find it easier to take a medication at a certain time of day (e.g., with your breakfast), ask your health care provider for a drug that best fits your routine.
- Ask your health provider if you can switch to a medication that is taken only once a day.
- Ask your health care provider if your blood pressure medications may be available in a single tablet.
- Purchase a pill dispenser from your pharmacy and fill it with your weekly supply. Some pharmacies can “blister pack” your pills to make it easier to stay organized.
- Mark your calendar or blood pressure log after taking your medication.
- Mark your calendar to remind you when your prescription runs out. When the date arrives you can check to see if you have pills left over. You should ask for a refill or new prescription before it runs out.
- Keep a current list with you that includes the name, dose and how often you take each medication. Show it to your health care providers every time you see them.
- Keep a supply of your medications at work in case you forget to take them at home.
- Measure your own blood pressure to help you remember to take your medication.
- Ask your health care provider for help.

More information on blood pressure medications can be obtained at

www.hypertension.ca