

Hypertension: Do's & Don'ts

Simple everyday BP-control habits

Do

- Take prescribed medicines consistently.
- Check BP correctly and keep a record when advised.
- Limit salt, stay physically active and work toward a healthy weight.
- Sleep adequately and avoid tobacco.
- Keep follow-up even when you feel well.

Avoid

- Stopping medicines simply because BP becomes normal.
- Taking another person's BP medicine.
- Frequent unsupervised painkiller use, especially NSAIDs, if you have kidney/BP issues.
- Ignoring persistent very high readings or symptoms.

High BP with chest pain, major breathlessness, new weakness/speech difficulty, confusion or loss of consciousness is an emergency.

Important: This resource is for general education and does not replace an individual medical consultation. Seek urgent medical care for severe, rapidly worsening or emergency symptoms.