

NIPAWIN HOSPITAL

HYPERTENSION

DESCRIPTION:

Hypertension is marked by persistently high blood pressure.

INSTRUCTIONS:

- Avoid hot steam baths or showers.
- Avoid use of salt at the table. Cook only with a little salt. Avoid high sodium foods - diet pop, pickles, canned soups, potato chips, cold cuts. Use decaffeinated coffees, weak tea.
- Exercise regularly. Check with your doctor regarding what type and how much exercise is good for you.
- Avoid tobacco products, including snuff.
- Have your blood pressure checked regularly.

SYMPTOMS TO REPORT TO YOUR DOCTOR:

- Severe or progressive headache
- Problems seeing
- Weakness or tingling in arms, legs
- Speech problems
- Difficulty walking or swelling of hands and feet