PROPOSAL TO DECREASE HYPERTENSION

Hypertension is the systolic blood pressure reading (the top number) consistently over 140, and/or a diastolic (lower number) reading of 90 or above. The optimum level is below 120/80. High blood pressure has no symptoms and is also referred as silent disease, it may cause progressive changes in the blood vessels until the first sign is noticed such as stroke or heart attack. However, there are numerous ways in which the high blood pressure may be decreased and enhance it's prevention by;

* Eating healthy meals

Food rich in potassium, fiber and protein enhances proper circulation of blood in human body thus lowering the blood pressure, eat fruits and vegetables too. High potassium foods such as vegetables, milk and yogurt, lentils and kidney beans, dried fruits such as apricots and prunes will be of great impact in decreasing hypertension. Vegetables should be undercooked and eat them a bit crispy, and they will require less salt. Eating garlics is of great benefit in the body. Flavor foods with lemon juice, garlic and onions instead of salt. A diet low in fats will result in thinning of the blood and probably lower the blood pressure. You do not need a new "diet" you need a new dietary lifestyle!

For you to change, you need commitment to healthy meals, a commitment that does not change. Identifying health diet and taking it is important and changing it to a habit. The willingness to change is also critically important. The chances to hypertension will be rare.

* Maintenance of health body weight

Heavy weight is also referred to as obesity. The key to this problem is the calories in the body, too many of them. When you eat more calories than what the body can use, you are likely to have obesity. Leftovers calories, whether from fat, protein, sugar or starch, are turned into fat. Nearly everyone who is significantly overweight may eventually experience high blood pressure, it's just a matter of time. Overweight people are not only risking to hypertension, but are more likely to suffer from other diseases too such as heart disease, cancers, diabetes and elevated blood cholesterols.

 Healthy weight may be maintained by eating healthy meals, physical activity, eating vegetables, fruits and drinking enough water instead of juice and soda.

* Getting enough sleep

Life today is fast-paced, exciting and exhausting. Sleeping regularly keeps the heart and the blood vessels healthy. Insomnia is an epidemic. The body requires rest and it's recommend that you should sleep daily at least 7 to 8 hours to ensure the body is well relaxed for the adults, newborn babies may sleep for a period of 16 to 20 hours and young children need 10 to 12 hours, failure to do that, you might be linked to an increased risk of high blood pressure.

 For you to have a good quality sleep, you need to avoid taking long nap during the day. Incase you takes nap during the day, it's okay but do not allow yourself to nap for a long time, just take about 30 minutes so you may have a deep sleep during the night. You should also not go to bed hungry. Some may not take meals during the night, but make sure you take your supper early before bed, about 1 or 2 hours before going to bed is recommended. But again do not take large amount of food during night since it might interfere with your sleep negatively. Lastly, you should avoid caffeine and nicotine to enhance good quality sleep.

* Avoid smoking

Those who smoke have a higher risk to high blood pressure. The chemicals in tobacco is harmful to the body as it may increase the blood pressure by making the arteries narrow, also may cause inflammation and damage the blood vessels. Smokers who quit begins to heals immediately, the nicotine and carbon monoxide leaves the body, the smoking-related risk of hypertension and cardiovascular diseases decreases dramatically. Any smoker may quit by having self-esteem and increased endurance, a sense of victory. Those who do not smoke should not start, the best principal they should have in their life is to "never smoke for the first time" to maintain good health.

* Avoid consumption of alcohol

Scientific studies have demonstrated that even moderate use of alcohol may account for 5 to 15 percent of all hypertension, therefore should be avoided at all cost. Deleting alcohol from the diet will lower the blood pressure and more so do the body a favour in several other areas as well. To those who must take alcohol, they must limit their intake for their own advantage but the best choice is to totally quit.

* Physical exercise

Physical activity lowers blood pressure by reducing peripheral artery resistance. In addition, regular exercise promotes general health and well being, it also lowers obesity, lowers cholesterol levels in the blood decreasing hypertension. It also strengthens bones by helping the retaining of calcium and other minerals. It makes people feel good, life becomes fun as it relieves anxiety and stress, it will also maintan desirable weight levels.

On daily basis or at least three days a week, make sure you have about an hour to exercise your body as an adult while children and adolescents may take half an hour too. There are many ways you can exercise your body, for instance jogging, swimming, walking, running and bicycling. Nearly everyone can do it!

* Limit sodium intake

Sodium is essential for body metabolism, however, too much can cause trouble. Excess sodium can stay in body tissues and hold extra water, this will cause swelling, which raises the blood pressure and later turn increased stress on the heart. Surprisingly, hypertension is not common to those who take less salt. Learn to use other flavors too instead of salt, for instance; parsley, tarragon, garlic and lemon juice. Incase you must use salt, just about one fifth of a teaspoon is what your body needs per day, that is about 5 grammes, this is because sodium occurs naturally in foods more than enough to meet daily needs.

* Managing stress

Most people defines stress by problems that confronts and concerns they have to deal with in life. Stress has been linked with most medical problems, to cope with stress in your life, you should first accept the situation and move on with life. The first step is to recognize and identify the significance stressors you are dealing with. In order to understand stress, we must recognize the critical distinction, the difference between "stressors" and "stress". "Stressors" refer to outside forces we must deal with while "stress" refers to the response of the individuals to those stressors. Certainly, symptoms may appear if you have stress such as changes in sleep patterns, change in appetite, difficulty in concentration, lack of interest to your hobbies or what you used to enjoy and thoughts of suicide.

 You can manage stress by socializing with other people around you, it's advisable if you share with your friends or loved ones of the obstacles and challenges you are encountering in this life, avoiding drugs and alcohol, watching and listening to stories and ideas from people including in social media. Listen to music too and have nature walks and more so taking care of yourself and your body. Stress in the short is vital, but as the time goes by, it turns to be destructive, researches shows how chronic stress breaks down the body and makes way for a disease.

* Medication

Those people taking blood pressure medications should not play physicians, change doses or stop taking medicines on their own. They should always follow the instructions given by the physicians. But those who are willing to make healthful lifestyle changes will always find their physicians pleased to help them eat and exercise their way out of high blood pressure.

There have been a large amount produce of new drugs that are effective in lowering the blood pressure and thus are lifesaving, however, they do not cure but only control it, so in some cases they must be taken for life. Side effects from the drugs are likely to be experienced by the patient such as fatigue, impotence and lack of sexual desires.

Summary

In order to lower the high blood pressure or decrease it's chances, you have to maintain your body well by eating healthy diet, maintaining your body weight, getting enough sleep, avoid smoking, avoid consumption of alcohol, have physical exercises, limit sodium intake, managing stress and medication from physicians.

All the above acts as first therapy in limiting the hypertension, the choice belong to each individual, by kicking the habit, you have everything to gain, longer life, better health, more vitality and fewer medical expenses. The air become fresher, food tastes better, wallets are fatter, longer life and sweet life will be.

Other ways may may involve the governments, organisations and health communities workers taking part in improving blood pressure control by;

* Accurate blood pressure monitoring protocols

This involves the use of validated devices to monitor the blood pressure to individuals, since the hypertension has no symptoms, this will enhance people to know their health status. Incase an individual has a high blood pressure, various steps may be taken immediately to improve his or her health.

* Increase hypertension awareness

The masses need to be educated on the importance of health and have knowledge on how to avoid high blood pressure. Patients will have knowledge increased too on health complications associated with hypertension. The aim is to make them aware the risks and effects of high blood pressure, prevention and how to cope with it when subject to it.

* Modifying lifestyle

Governments may build an environment where physical exercises can take place safely, this may encourage many people to successfully have physical activity together. Processed foods such as snacks may be applied with standards especially sodium reduction.

Summary

To enhance hypertension control, accurately blood pressure monitoring protocols are needed, increased hypertension awareness and modifying lifestyle will improve in decrease of hypertension, health extenders such as physicians, pharmacists, nurses must be distributed systematically to give medication to people generally.