

High blood pressure

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**ASSIGN
BUSTER**

The level to aim at is a pressure of below 140/90. If you have diabetes or kidney disease a little lower would be even better. Adopting a healthier lifestyle is the most effective first step in controlling your high blood pressure. Cutting out cigarettes and lowering your salt and sodium intake are good first steps. Your doctor may check your potassium levels. If these are low he will advise you to eat potassium-rich foods such as bananas. Fruit skins are rich in potassium so don't peel your apples and pears. Moderate your alcohol intake. Try eating low-fat yogurt instead of cream. Try and get in some moderate exercise several times a week.

Only if this doesn't work will you need medication? So it's over to you!