

Ideal Person with High Blood Pressure

Know your goals

Blood Pressure

LDL ("Bad") Cholesterol level

Your base weight

Goal

140/90 or 130/80

_____ lbs.

Lifestyle Modifications

- Exercise at least 30 minutes for at least 5 days a week.
- Achieve your ideal body weight. Yours is _____ lbs. Even losing 5 pounds has been shown to reduce the death rate in people with high blood pressure.
- Stop smoking
- Limit alcohol intake to 1 serving a day (if at all)
- Eat 3 meals a day and use the DASH diet
- Sleep for at least 8 uninterrupted hours a day
- Stress reduction using exercise or yoga

Routine Laboratory Testing

- Cholesterol panel twice a year until at your goal, then yearly
- Basic Metabolic Panel twice a year
- Liver Function Tests once a year *if on certain cholesterol medicines*
- Urine tests once a year
- Electrocardiogram (EKG) every 2 years
- Flu Vaccine once a year
- Eye Exam once a year

Medications (checked if prescribed) Dose

- Aspirin _____
- ACE Inhibitor (or Angiotension Receptor Blocker – ARB) _____

- Hydrochlorothiazide (HCTZ) _____
- Calcium Channel Blocker _____
- Beta Blocker _____
- Other Blood Pressure medication _____
- Cholesterol Medication _____
- Niacin _____
 - *You can improved the side effect of flushing by taking 325 mg of aspirin 30 minutes before taking the niacin*
- Omega-3 Fatty Acid Supplements (with both EPA + DHA) 1 gram per day
- Multivitamin