

Information for Asthmatics with Hypertension



ASTHMA

800.414.6675

WHAT IS HYPERTENSION?

Hypertension is simply high blood pressure.

WHAT ARE THE RISKS?

Hypertension can cause a stroke, vision loss, kidney problems, or heart attack if it is not treated.

WHAT ARE THE SYMPTOMS?

There are usually no symptoms with hypertension. Sometimes it can cause headaches, vision problems, sleepiness or other symptoms.

WHAT SHOULD I DO?

See your doctor regularly. You can talk with him/her

about the risks of hypertension. Your doctor may do a physical exam or ask you about your symptoms and family history. She or he may test your blood and schedule other tests. Your blood pressure may be tested over a period of time.

WHAT CAN I DO TO HELP CONTROL MY BLOOD PRESSURE?

- Lose weight (if overweight)
- Stop smoking, if you smoke
- Stop or reduce alcohol use
- Exercise regularly (30-40 minutes most days of the week)
- Reduce your sodium intake (<2.3 gm/day)
- Maintain enough

potassium, calcium, and magnesium intake (talk with your doctor about how to do this)

- Reduce saturated fat and cholesterol in your diet
- Your doctor may prescribe medication that may help you
- You may also be referred to a specialist for additional care

If you have asthma, schedule regular appointments with your doctor. If you have any symptoms that concern you, call your doctor and schedule an appointment right away.



FOR MORE INFORMATION about asthma, call Care Management 1.800.414.6675 (TTY: 1.800.473.0989).



DELAWARE HEALTH AND SOCIAL SERVICES
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