

Asthma and High Blood Pressure



ASTHMA AND HIGH BLOOD PRESSURE

High blood pressure can affect your health. You may have high blood pressure for years and not even know it. It is often called the silent killer because you may not know that you have it.

Have your blood pressure checked to know if you are at risk. High blood pressure can affect your heart, cause a stroke and can even harm your kidneys. It may also affect your asthma.

Some asthma medication can be dangerous if you have high blood pressure. Talk to your doctor. S/he can tell you what medicine is best for you.

Live a healthy life style to avoid high blood pressure. Limit salt in food and drinks. People with asthma and high blood pressure seem to be sensitive to salt. Avoid smoking

and drinking alcohol. Talk to your doctor about ways to improve your health. Ask your doctor about high blood pressure and how it affects your asthma.

TIPS TO REMEMBER:

- Always see your doctor with any changes.
- Take your medicine as prescribed.
- Learn more about high blood pressure and asthma to help improve your health.
- Talk to your doctor about your medications.
- Avoid things that can raise your blood pressure.



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