

Common Treatments for Hypertension

**Prescribed medications: take
as directed and do not stop
taking unless your doctor advises
discontinuing**



Healthy diet low in salt



Exercise at least three times per week



**Find ways to lower stress:
Contact the Employee Work Life Center.
Forrestal: 6-9765 Germantown: 3-4275**

Learn to monitor your blood pressure at home

Drink alcohol in moderation



Stop smoking



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