

High Blood Pressure Questions

1. **What are some common misconceptions about high blood pressure and how might we be able to address them?**
 - a. Some common myths are that if high blood pressure runs in your family then there is nothing you can do about it. However, this is false. We can address this by doing preventative strategies such as quitting smoking.
 - b. Additionally, most people think that because they feel fine, they do not have to worry about their blood pressure. But as stated already it can be a silent killer. So, it is important to always check it.
2. **High blood pressure is known as the “silent killer.” Given the lack of symptoms many people experience, how can we motivate people to regularly monitor and care for their high blood pressure?**
 - a. Providing education on what good blood pressure numbers are and what the risks of higher numbers are can help. Regular and accessible blood pressure screenings also help make people aware of their blood pressure so that they can take action to lower it if necessary.
3. **What changes can one individual make to control their blood pressure?**
 - a. An individual can adopt lifestyle changes, such as incorporating more physical activity and eating a healthier diet.
 - b. They can also discuss their blood pressure with their doctor, who can prescribe medicines to help lower blood pressure if needed.
 - c. For individuals with high blood pressure, the DASH diet is a great tool to help lower your blood pressure. Talk to your doctor before making dietary changes.
4. **Why is self-monitoring important in all individuals?**
 - a. It is important to monitor your blood pressure because one should know your number. Knowing your number will allow you to discuss more in detail your measurements with your doctor.