



Are You At Risk For High Blood Pressure?

High blood pressure can be caused by a combination of factors; some of them you can control, and some of them you cannot control.

Let's start with factors related to who you are (you can't control these):

Family history

If your parents or other close family members have had high blood pressure, the chances are higher that you will have to deal with it also.

Age and gender

Men are more likely to have hypertension up until age 64; after age 65, women become more likely to suffer from the condition.

Race

High blood pressure tends to develop in African-Americans more than in any other race.

Now let's move to factors you can control:

Obesity

The more weight you carry on your body, the more blood and nutrients your body needs. The more blood that flows through your veins and arteries, the more pressure there is on those blood vessel walls. The weight also puts more strain on your heart.

Lack of physical activity

People who don't move as much generally have higher heart rates. The higher your heart rate, the harder your heart has to work, which exerts more pressure on your blood vessel walls. Staying physically active helps mitigate this problem and helps you lose weight.

Unhealthy diet

If you have too much salt (sodium) in your diet, your body will retain water, which makes your blood pressure increase. To stay healthy, eat a balanced diet with the proper levels of all nutrients, including sodium.

Too much drinking

Drinking too much alcohol can lead to many health problems, including an increase in blood pressure.

If you need help controlling your high blood pressure, visit the doctors of **Physicians Medical Group of San Jose for more information. Call 888-988-8682 or visit pmgmd.com for more information.**