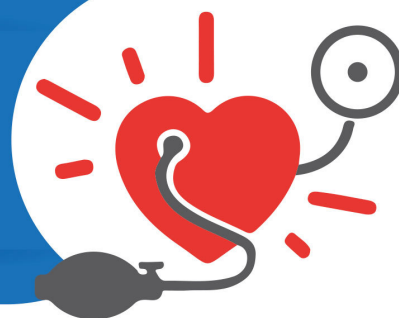


SIMPLE TIPS TO MANAGE HIGH BLOOD PRESSURE



Mentioned below are some tips that can help to control your blood pressure & maintain it within the normal range



Take your medications as prescribed by the doctor



Quit smoking or use of other tobacco products



Exercise regularly

(Go for moderate activity, like brisk walking, at least 30 minutes a day, at least 5 days a week)



Limit alcohol intake

(Men < 60 ml per day, twice a week
Women < 30 ml per day, twice a week. Abstinence is preferred)

Lower your salt intake

(Limit it to < 6 g salt per day)



Eat a healthy diet that includes vegetables & fruits

(Avoid oily and processed food)



Avoid food with high sodium content

(Restrict food items with high sodium content: sauces, ketchup, pickles, chutneys, papad, instant soup, salad dressings, processed cheese, snacks, fast-foods, processed or canned food)



Achieve and maintain a healthy body weight

(Maintain ideal body mass index below 23 Kg/m²)



Issued in public interest by Cipla. Information sourced from data, available on request.

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