

### HYPERTENSION GOAL CONTRACT

To achieve good control of your blood pressure it is important to have practical goals for yourself. Set one goal now and after you have achieved it, move on to another. Know your risk factors and decide what you are willing to change. Feel good about one change before making another. Make your health a priority in terms of your time and energy. Consider your health provider a partner in your health.



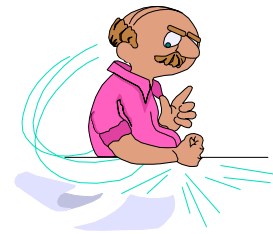
**Exercise (#1)**



**Reduce salt (#2)**



**quit smoking (#3)**



**Reduce stress (#4)**



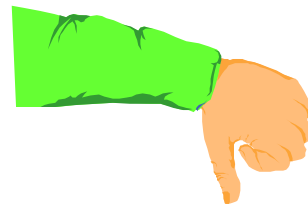
(#5)

**Take all medications properly**

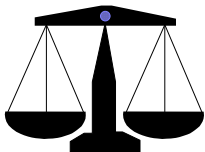


(#6)

**Have annual eye exam**



**Reduce blood pressure (#7)**



**Reduce weight (#8)**



**Reduce alcohol intake**



(#9)

**Set your personal goal**

**For:** \_\_\_\_\_

**Goal Number:** \_\_\_\_\_

**Date:** \_\_\_\_\_

### **Exercise**

Regular aerobic physical exercise is another way to help lower your blood pressure (30-45 minutes most days of week. Control your blood sugar levels and improve your overall health. It can help you keep your weight down which will contribute to controlling high blood pressure and also diabetes. Always check with your doctor before starting a new exercise program.

- If you can't safely or comfortably walk outside, use a treadmill
- Set small goals and gradually build up your endurance
- Give yourself credit for little activities, like taking stairs instead of elevators.

### **Diet**

An important consideration in treating hypertension and diabetes is eating a balanced diet and the right foods. This will help you maintain your weight, control your blood sugar levels, and lower your blood pressure. Eat more fruits, vegetables, grains, and beans

- Eat less fat. Replace the beef in your diet with leaner alternatives like fish, chicken, or turkey. Grill or broil rather than fry. When you need to use a fat or oil, choose one low in saturated fat, such as olive oil or canola oil instead of butter or lard
- Eat whole grain breads and cereals
- Choose low-sodium foods. Remember that prepared foods like frozen dinners, canned soups, and snack foods may be high in sodium, as are processed meats such as hot dogs. Reduce sodium chloride to less than 2-4 gm sodium. (2 gm of sodium= ½ teaspoon of salt).
- Substitute fat-free or low-fat dairy products for whole or 2% fat items, including milk, cheese, and frozen desserts
- Get menu-planning help from a registered dietitian or nutritionist

### **Quit smoking:**

- Ask your doctor for help
- Join a support group
- Set a date to quit for good
- Start tapering off now
- Ask your family and friends for help
- Plan other activities for times you normally smoke.
- Keep healthy, low-fat snacks on hand (carrot stick, unsalted pretzels, plain popcorn, gum, etc.)
- Drink lots of water (8 glasses of 8 ounces a day).
- Stay away from places where people are smoking
- Celebrate daily or weekly success with small rewards.

### **Take all medications properly:**

- Know your medicine- What it's for, and how to use it

### **Take all medications properly**

- Know your medicine- What it's for, and how to use it
- Know what the possible side effects are and report any side effects to your health provider
- Take your medicine exactly as your doctor prescribed, and at the same time every day.
- Do not stop taking your medicine without checking with your doctor first
- Tell your doctor about any side effects you experience.

### **Have annual eye exam**

Hypertensive people need extra attention because, you are at risk for developing certain serious medical conditions. These problems can affect your eyes, your kidneys and your circulation.

### **Self-measurement/ monitor of blood pressure /Reduce blood pressure**

- Measure your blood pressure once a month at your local grocery store, drug store or fire station. Keep a record and take it on your next doctor's visit.
- Call your health provider or make an appointment if your blood pressure is out of normal range.

**Weight reduction:** is effective in reducing blood pressure in individuals who are >105 above ideal weight.

- Avoid large weight gains and losses, especially as you age.
- Eat when you are hungry because extreme hunger can lead to overeating.
- Eat less fat
- Try keeping a food diary
- Ask your family and friends to support your healthy food choices

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ELK POINT, SD 57025**

For: \_\_\_\_\_ If you have questions, call: (605) 356-3317

## Self- Management Packet For Patients with Hypertension

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This information is designed for patients with hypertension to better understand and control their blood pressure. It includes information on:

- ✓ Goals for patients with hypertension
- ✓ Helping a family member who has high blood pressure.
- ✓ Hypertension and nutrition
- ✓ Exercise and hypertension
- ✓ Monitoring your blood pressure
- ✓ Preventing complications resulting from hypertension
- ✓ Guide to good eating
- ✓ Self –management goal setting sheet
- ✓ Symptoms of high blood pressure and low blood pressure

### Information...

The information contained in this packet is intended to help you with the self-management of your hypertension

### Take charge...

As the lead person in your healthcare team, we ask that you use this information to make informed decisions about your personal care.

### Resources...

If you are interested in more detailed information about any aspect of managing your diabetes here is a list of a few resources:

American Heart Association Metro Area  
1280 S. Parker Rd  
Denver Colorado 80231  
(303) 369-3947  
E Mail: [americanheart.org](http://americanheart.org)  
1(800) 242878721

U.S Public Health Service  
Office of Minority Health Resource Center  
P.O Box 37337  
Washington, DC 20013-7337  
1-800-444MHRC (6472)

National Eye Institute  
National Eye health Education Program  
2020 vision Place  
Bethesda, Maryland 20892-3655

American Optometric Association  
1505 Prince St  
Alexandria, Virginia 22314  
1800-262-3947

