

# BP Raisers

Learn What Could Raise Your Blood Pressure



Many things can affect your blood pressure (BP). It is critical to understand what medications and substances you should avoid to support a healthy BP.

## SMALL CHANGES CAN MAKE A BIG DIFFERENCE

Be your own health advocate by following a healthy lifestyle, including not smoking, limiting or stopping the use of alcohol, exercising, following a low sodium diet and checking your blood pressure as part of your daily routine.

High blood pressure – a systolic blood pressure reading of 130 mmHg and above or a diastolic reading of 80 mmHg and above – is a serious health condition that can increase your risk of heart disease and stroke.

Take these steps to control your risk.

### AVOID:

- Illicit and recreational drugs- cocaine, methamphetamine
- Herbal supplements-ephedra, St. John's wort
- Foods that contain tyramine when taking antidepressants, such as MAOIs (monoamine-oxidase inhibitors)



### TALK TO YOUR HEALTH CARE PROFESSIONAL ABOUT STARTING, STOPPING OR CHANGING:

- Some over-the-counter pain relievers can raise blood pressure. Be sure to talk to your health care professional.
- Amphetamines
- Certain medications to treat mental health
- Corticosteroids, such as prednisone
- Decongestants and some cold medicines; avoid with severe or uncontrolled hypertension
- Immunosuppressants
- Oral birth control (consider alternative low dose agents or progestin-only or consider other forms such as barrier, IUD, abstinence); avoid using with uncontrolled hypertension
- Certain cancer medications (such as angiogenesis inhibitors)



### LIMIT:

- Alcohol to 1 drink a day or less for women and 2 drinks a day or less for men
- Caffeine to less than 300 mg per day (about 2-3 cups of coffee); avoid with uncontrolled hypertension
- Salt to no more than 2,300 milligrams (mgs) a day and **an ideal limit of no more than 1,500 mg per day** for most adults.



**NOTE:** Do you suffer from chronic pain? Certain medicines can raise your BP or make your BP medication less effective. Talk to your health care professional for guidance if you have any questions.