

HIGH BLOOD PRESSURE

There are many reasons to have a high blood pressure reading and it may return to normal. High blood pressure that does not go away needs to be treated with medication. High blood pressure can lead to strokes, kidney problems and heart problems.

Please follow these instructions carefully:

- See your doctor soon to recheck your blood pressure.
- In addition to seeing your doctor, you should also:
 1. Not add salt to food and avoid salty food.
 2. Relax... avoid stress as much as possible.
 3. Try to lose weight if you are overweight.

Return to the Emergency Department or see your own doctor right away if any problems develop, including the following:

- Blurry vision or any changes in your eyesight.
- Bad headache or a headache that is getting worse.
- Trouble speaking.
- Trouble breathing or shortness of breath.
- Chest pain or chest discomfort.
- Confusion, drowsiness or any change in alertness.
- Dizziness or fainting.
- Any weakness or numbness in your arms or legs.
- Anything else that worries you.

The Emergency Department is open 24 hours a day for any problems.