



High Blood Pressure

The silent condition — and what you can do about it

Recover • Rebalance • Revive



drregu.com.au


PATIENT GUIDE

Dr Reguram Sandrasegaram • Young Street Medical & Dental Centre

Silent — but very treatable.


High blood pressure rarely causes symptoms, which is exactly why it goes unchecked. The good news: simple changes plus the right treatment lower your risk of stroke, heart attack and kidney trouble dramatically.

 **1 in 3**
Australian adults have high blood pressure

 **Half**
of those who have it aren't well controlled


 **Stroke**
is the biggest risk — and the most preventable


Why blood pressure matters

 **It damages quietly**
High pressure stresses your arteries, heart and kidneys for years before anything goes wrong. Treatment now prevents trouble later.

 **It's the biggest stroke driver**
Treating high blood pressure is one of the single most effective things we can do to prevent strokes.

 **Your kidneys feel it too**
Kidneys filter every drop of blood. Sustained high pressure slowly damages them — usually without you knowing.

 **It often comes with company**
It travels with diabetes, high cholesterol and weight gain. Treating one often helps the others.

 **Lifestyle works**
Less salt, more vegetables, regular activity and a modest weight loss can lower the numbers meaningfully.

 **Modern medicines are kind**
Today's tablets are well-tolerated, taken once daily, and the benefit vastly outweighs any side effects.

What numbers should I aim for?
For most people the target is under 140/90. If you have diabetes, kidney disease or established heart trouble, your GP will usually aim lower — under 130/80. Home readings are often more reliable than one-off clinic checks.



Lowering the Pressure

What actually works — and how to make it stick

Recover • Rebalance • Revive



drregu.com.au

PATIENT GUIDE

Dr Reguram Sandrasegaram • Young Street Medical & Dental Centre

Six changes that move the needle



Cut the salt

Aim for under 5g salt a day (about a teaspoon). Most comes from packaged and takeaway foods, not the salt shaker.



Move 30 min, most days

Brisk walking, cycling, swimming — anything that raises a sweat. Even two short walks count just as well.



Eat the rainbow

Lots of veg, fruit, whole grains and legumes. Mediterranean or DASH-style eating drops blood pressure several points.



Lose a little weight

Losing 5kg can drop systolic pressure by around 5mmHg — that's meaningful, and you don't need to be perfect.



Easier on alcohol

More than two standard drinks a day pushes your pressure up. Cutting back works fast — often within a week or two.



Take your tablets — daily

Skipping doses lets pressure rebound. Modern tablets are gentle and worth taking on time, every day.



See your doctor sooner if:

- Severe headache, chest pain, or breathlessness
- Vision changes, sudden weakness or slurred speech
- Home readings consistently above 160/100
- Side effects making you want to stop your medicine



Your next steps:

- ✓ Get (or borrow) a home BP monitor — check twice a week
- ✓ Bring a week of readings to your next appointment
- ✓ Pick one food swap to start this week
- ✓ Set a daily alarm for your tablet if you tend to forget

Steady numbers, steady life

You can't feel high blood pressure — that's exactly why we treat it.

Small steady changes, and a tablet that quietly does its job, change the story. — Dr Regu