



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, such as reducing sodium 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
- Herbal supplements
- Foods that contain tyramine when taking antidepressants, such as MAOIs (*monoamine-oxidase inhibitors*)



LIMIT:

- Alcohol to less than 1 drink a day for women and less than 2 drinks a day for men
- Caffeine to less than 300 mg per day (about 2-3 cups of coffee); avoid with hypertension
- Decongestants and some cold medicines; avoid with severe or uncontrolled hypertension



TALK TO YOUR HEALTHCARE PROVIDER ABOUT STARTING, STOPPING OR CHANGING:

- NSAID pain medication (drugs like acetaminophen are less likely to increase BP)
- Amphetamines
- Certain medications to treat mental health
- Corticosteroids, such as prednisone
- Immunosuppressants
- Oral birth control (*consider alternative forms such as barrier, IUD, abstinence*)
- Certain cancer medications (*such as angiogenesis inhibitors*)



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