

DID YOU KNOW?

These things raise blood pressure:

- Pain Relievers (NSAIDS such as Advil®, Aleve®, Ibuprofen, Naproxen, or Meloxicam)
- Smoking, vaping, chewing, or otherwise using Tobacco or Nicotine
- More than one alcoholic drink a day
- Poor Sleep
- Anxiety or worry
- Pain
- Snoring or untreated sleep apnea (most often related to excess weight)
- Certain medicines such as Venlafaxine, (Effexor®), Methylphenidate (Ritalin®), and pseudophedrine (Sudafed®)
- High salt diet (aim for diets low in processed foods, fast foods, and no added salt)
- For most people, blood pressure is highest in the morning
- Illegal drugs such as meth and cocaine



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