



Hypertension Management

The West Durham Family Health Team is pleased to offer support for patients who want to take control, manage their blood pressure and live a healthier life. Patients that would benefit from this approach to managing hypertension are:

- those with a diagnosis of high blood pressure or,
- have had elevated blood pressure readings on more than one occasion.

A multi-disciplinary team of health care professionals including Family Physicians, Nurses, a Dietitian and a Pharmacist deliver this team based approach with a goal of improving blood pressure readings and overall health.

As part of helping you manage your blood pressure we can offer you:

- 30 minute appointments with our Nurse to discuss lifestyle choices
- An appointment with our Registered Dietitian/consulting Pharmacist if appropriate
- Consultation with our Nurse Practitioner to help you quit smoking if appropriate
- Take-home educational materials/resources to help you better understand and manage your blood pressure.

How can I stay on track?

- Understand what high blood pressure is?
- Be aware and know my number!
- Learn how to measure my blood pressure properly
- Understand the causes of high blood pressure
- Understand the health risks associated with high blood pressure
- Find out if I need medications to lower my blood pressure
- Learn how to take my blood pressure medication correctly. Understand if my diet/alcohol intake is affecting my blood pressure
- Find out if I am getting enough physical activity to help manage my blood pressure

Speak to one of our health care professionals for more information.