



## Quick Recap

Nursing support helps seniors track blood pressure, limit salt, take medicines on time, and pace activity to protect the heart and brain.

### Edwin Manarang, RN

SPEAK WITH OUR TEAM

PHONE

(630) 915-5174

EMAIL

info@philippianshomecare.com

HOURS

9:00 AM to 5:00 PM

Contact us today for personalized care



Scan with your phone camera · tap the link.

*This brochure is for informational purposes only—not a substitute for medical advice, diagnosis, or treatment. Consult your physician, nurse, or qualified health provider with any questions about your condition.*



## A warm welcome.

Steady habits and gentle support go a long way. This brochure walks you through what to know, what to watch for, and how we help at home.

*“With the right support, daily life stays comfortable, independent, and full of the things you love.”*

## Inside this brochure

- What to know about your care
- Signs to watch for and when to call
- Habits that keep you strong and steady
- How to reach our team



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# Hypertension Management

Heart-Safe Blood Pressure Guide



Gentle home care that helps you stay safe, comfortable, and independent at home.

A friendly guide for you and your family

## DAILY CARE



### ● Tips at Home

Practical day-to-day tips to keep recovery on track and make your daily care safer at home.

Build a calm daily routine — meals, medications, rest, and gentle activity at the same times each day. Note any changes and share them with your healthcare providers.

- Home BP: same arm, seated, feet flat, rest 5 minutes; log AM and PM.
- Take BP medicines at the same time daily; do not skip a dose.
- DASH-style eating: more vegetables, fruits, and whole grains.
- Use herbs, citrus, and spices instead of heavy salt at the table.

## WATCH CLOSELY



### ● What to Watch For

Knowing the signs early means quicker comfort and safer days.

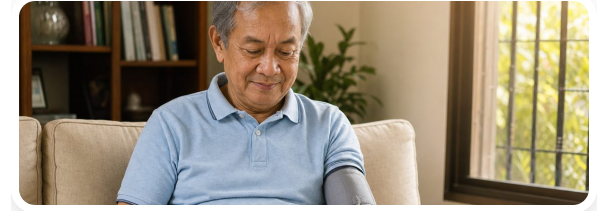
- Record systolic and diastolic numbers, pulse, and any symptoms with each reading.
- Report headache, vision changes, chest pressure, or new swelling in legs or feet.

### Good to know

- Hypertension is sustained high pressure against artery walls.
- Often called silent because most people feel no symptoms.

**When to call:** Sudden pain, trouble breathing, high fever, or confusion — call your nurse or doctor. Call **911** for emergencies.

## STAY STRONG



### ● Stay Strong & Steady

Wellness habits that keep you moving, balanced, and independent at home.

Small steps add up: one stretch, one balanced meal, or one short walk can brighten the whole day.

- DASH-style eating: fruits, vegetables, whole grains, and lean proteins.
- Limit processed foods, canned soups, and salty snacks.
- Check pressure at home and bring the log to appointments.
- Sleep seven to eight hours when possible; poor sleep can affect BP.