

**QUESTION OF THE WEEK**

# What's treatment for hypertension?



**DR. JON C. BURDZY**

The first treatment should be lifestyle modification. If overweight or obese, weight loss should be pursued. All of us should exercise at least two to three hours weekly. We should limit our salt intake to less than 2,000 mg daily (read those labels!). Additionally, smokers should quit and alcohol intake should be decreased (or eliminated). If lifestyle changes don't work, medications are the next step. There are numerous types of blood pressure lowering drugs. Space limits discussing them here.

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