



Hypertension: Risk Factors You Can Control

Hypertension is often driven less by genetics and more by modifiable lifestyle and metabolic factors. Blood pressure reflects how blood vessels, kidneys, hormones, and the nervous system interact daily. These drivers act slowly and silently, making them easy to overlook. Addressing them early can prevent lifelong medication dependence.

Lab patterns often show elevated fasting insulin, rising triglycerides, low potassium intake, and subtle kidney strain before severe hypertension appears. Poor sleep eliminates nighttime blood pressure dipping, increasing vascular stress. If left unaddressed, these factors accelerate arterial stiffness, heart muscle thickening, kidney disease, and stroke risk—even when readings seem “borderline.”

01 FOR EXAMPLE

A 54-year-old with readings averaging 138–145 systolic is told to monitor but not worry. Stress is high, sleep is poor, and labs show elevated triglycerides and insulin. Over several years, blood pressure steadily worsens and medication is added. When sleep improves and ultra-processed foods are reduced, blood pressure stabilizes and further escalation is avoided.

02 Try This Today

Measure: Track blood pressure daily for 7 days and calculate the average

Do: Improve sleep consistency for one full week

Reflect: Ask which lifestyle factor most contributes to elevated pressure.

Select a plan:

<https://tinyurl.com/healthyu-amaze>

