

Hypertension: Heat & Blood Pressure

Many people assume blood pressure only rises during winter, but summer presents its own challenges. Heat, dehydration, medication effects, and electrolyte losses can significantly impact blood pressure control. Understanding these seasonal influences helps prevent complications.

Heat causes blood vessels to dilate in an effort to cool the body. This can lower blood pressure temporarily, but dehydration may trigger compensatory mechanisms that ultimately stress the cardiovascular system.

01

Is This Your Story?

A patient with well-controlled hypertension begins experiencing dizziness while gardening in July. Investigation reveals dehydration and significant fluid loss while taking a diuretic. Increasing hydration and adjusting activity timing resolves symptoms.

02

Try This Today

Measure: Monitor BP and hydration during periods of extreme heat.

Do: Increase water intake before outdoor activities.

Reflect: Ask whether summer habits support cardiovascular stability.

HEALTHY U ACADEMY

Select a plan:

https://tinyurl.com/healthyu-amaze

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