



# The Impacts of High Dose Corticosteroids for Numerous Sclerosis Backslide on Blood Weight

Emel Tugrul\*

Department of Fundamentals of Nursing, Aydin Adnan Menderes University, Turkey

## DESCRIPTION

High blood pressure, or hypertension, is a prevalent health condition that significantly increases the risk of cardiovascular diseases. The good news is that hypertension is largely preventable through proactive lifestyle choices and modifications. In this article, we will explore various strategies and preventive measures that individuals can adopt to maintain optimal blood pressure levels and reduce the burden of hypertension. By prioritizing prevention, we can pave the way for healthier hearts and a better quality of life. Adopt the Dietary Approaches to Stop Hypertension (DASH) diet, which emphasizes fruits, vegetables, whole grains, lean proteins, and low-fat dairy products. This diet is low in saturated and Trans fats, cholesterol, and sodium. Limit sodium consumption to less than 2,300 milligrams per day (or 1,500 milligrams for individuals with specific risk factors or medical conditions). Reduce reliance on processed and packaged foods, which often contain high levels of sodium. Increase intake of potassium-rich foods, such as bananas, oranges, tomatoes, spinach, and potatoes. Potassium helps counteract the effects of sodium and promotes healthy blood pressure levels. Limit alcohol intake to moderate levels, which means up to 1 drink per day for women and up to 2 drinks per day for men. Engaging in regular physical activity is crucial for blood pressure prevention. Engage in aerobic exercises such as brisk walking, jogging, swimming, cycling, or dancing for at least 150 minutes per week. This can be broken down into smaller sessions throughout the week. Incorporate strength training exercises, such as weightlifting or resistance training, 2 or more days per week. Strengthening muscles supports overall cardiovascular health. Increase daily physical activity by taking the stairs instead of the elevator, walking or cycling instead of driving short distances, and incorporating movement breaks during sedentary periods. Consume a balanced diet that provides the necessary calories for daily energy needs while

avoiding excessive calorie intake. Be mindful of portion sizes and avoid overeating. Focus on listening to the body's hunger and fullness cues. Engage in regular physical activity to burn calories, improve metabolism, and support weight management efforts. Consult a healthcare professional or registered dietitian for personalized guidance and support in achieving and maintaining a healthy weight. Check food labels for sodium content and choose lower-sodium alternatives. Prepare meals at home using fresh ingredients, allowing better control over sodium levels. Use herbs, spices, and natural flavourings to enhance the taste of meals without relying on excessive salt. Gradually reduce the amount of salt used in cooking and at the table. Taste buds will adjust over time. Practice relaxation techniques such as deep breathing exercises, meditation, yoga, or tai chi to reduce stress levels. Prioritize tasks, set realistic goals, and establish healthy boundaries to minimize stress caused by overwhelming schedules. Engage in regular physical activity to reduce stress and promote mental well-being. Cultivate a support network of family, friends, or support groups to share experiences and receive emotional support. Preventing high blood pressure requires a proactive approach that encompasses healthy lifestyle choices and regular monitoring. By adopting a nutritious diet, engaging in regular physical activity, managing weight, reducing sodium intake, practicing stress management techniques, limiting alcohol consumption, and avoiding smoking, individuals can significantly reduce their risk of hypertension.

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## CONFLICT OF INTEREST

The author's declared that they have no conflict of interest.

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**Corresponding author** Emel Tugrul, Department of Fundamentals of Nursing, Aydin Adnan Menderes University, Turkey, E-mail: e\_tugrul@adu.edu.tr

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