

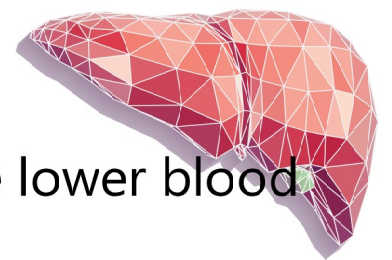
July

Disease Management

Hypertension and Cholesterol Management

- 1 Educate yourself about these often silent but harmful diseases.
- 2 Monitor and comply with medications, proper diet, and exercise.
- 3 Check blood pressure regularly.
- 4 Perform cholesterol level screenings regularly.

Disease Management And Your Liver



Generally, patients with long standing liver disease tend to have lower blood pressures and do not need medications to treat hypertension.

Hypertension is more commonly seen in patients with alcoholic and nonalcoholic fatty liver disease.

Doctor's Tip

Patients should take care to not miss a dose of medications used to control blood pressure and cholesterol in order to prevent heart attacks and strokes.

- Dr. Pranab Barman, Northwestern University

