

10 Ways to Lower Blood Pressure

Testosterone Therapy



MONITOR BLOOD PRESSURE WEEKLY

Keep a blood pressure log and bring it to your clinic visits. This helps your provider adjust therapy as needed.



STAY HYDRATED AND LIMIT SALT

Excess sodium contributes to fluid retention, a key reason why testosterone increases blood pressure.



EXERCISE REGULARLY

Aerobic activity (like walking or swimming) lowers blood pressure and improves overall cardiovascular health.



LOSE WEIGHT

TRT often supports fat loss, which reduces strain on the heart and helps maintain normal blood pressure.



AVOID ALCOHOL AND TOBACCO

Both are known to spike blood pressure and counteract the benefits of testosterone.



GET SCREENED FOR SLEEP APNEA

Untreated sleep apnea is a hidden trigger for both low testosterone and high blood pressure.



EAT A DASH-FRIENDLY DIET

The DASH (Dietary Approaches to Stop Hypertension) plan emphasizes fruits, vegetables, whole grains, and lean proteins.



STAY ON TOP OF LABS

Check hematocrit and hemoglobin levels regularly. If too high, phlebotomy may be recommended.



MANAGE STRESS LEVELS

Chronic stress releases cortisol, a hormone that raises blood pressure and reduces testosterone efficiency.



WORK WITH A TRT PROVIDER

At Viva Vitality, we track TRT and BP closely with every patient.