

# Five reasons your blood pressure medication isn't working

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Credit: Pavel Danilyuk from Pexels

Keeping your blood pressure in check is a good way to lower your risk of heart disease, stroke, and kidney disease. So, you follow orders, take your prescribed medication, and proudly accept your doctor's praise

when the blood pressure cuff demonstrates continued success. Until it doesn't.

Despite a track record of good results, a recent check-up shows those numbers are creeping up again. How can that be?

UR Medicine hypertension expert Dr. Christopher Montgomery says it's not uncommon for [blood pressure](#) to rise, even after you thought you had it under control.

Here are five likely reasons why your blood pressure is up, despite regularly taking your pills.

1. Too much salt. It can sneak into your diet at every turn: in prepared and packaged foods, some vegetables, drive-through window fare, and those delicious restaurant meals. We don't do ourselves any favors by grabbing the salt shaker at the table either. Read [labels](#) and raise your awareness of salt in what you eat and drink. Try to limit your salt intake to less than five grams per day. Eating more fresh fruits and vegetables can help you lower your salt intake, too. And if you smoke, here's yet another reason to quit: Smoking impacts your [taste buds](#) so you'll tend to use more [salt](#) to boost foods' flavors.
2. Too many cups o' Joe. Lots of caffeine can wreak havoc on your blood pressure. Scale it back a bit and see if that makes a difference. One or two small cups of coffee probably won't matter but several pint-sized French roasts daily may be a problem.
3. Other health issues. Your doctor may want to check for things like an overactive thyroid, [sleep apnea](#), kidney dysfunction, or adrenal gland disorders, which can elevate blood pressure.
4. Timing is everything. Consider taking your medication at a different time of day than you do now. If your doctor has you

take two medications for blood pressure, try taking one in the morning, and the other one in the evening, to provide round-the-clock medication in your system. It's a simple trick of the trade that can make a difference.

5. It's not enough. Your body may simply need more [medication](#) to lower your blood pressure. Or your doctor may prescribe a diuretic, or water pill, to create balance.

Most people will see their blood pressure drop by combining a change in personal habits and altering medications.

Provided by University of Rochester Medical Center

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