

People with PA can adopt similar lifestyle changes as those recommended for managing regular high blood pressure. PA cannot be cured just by a healthy lifestyle. Making positive change like eating well, staying active, and managing stress can help reduce its effects and support your health.

www.heartfoundation.org.au/healthy-living

Nutrition

Eating a wide variety of foods from all the major food groups provides the nutrients your body needs to stay healthy. If you have PA, it is especially important to limit sodium and choose foods rich in potassium-this can help you feel better and support blood pressure control. Maintaining a healthy weight range contributes to overall wellbeing.

Physical Activity

Increasing leisure time physical activity has many health benefits for PA patients. Any exercise is better than none. Aim for 30-45 minutes, five or more days per week. Before starting an exercise program, seek medical advice to ensure it's safe and appropriate for your individual needs. Structured exercise programs of moderate to vigorous aerobic (endurance) activity in addition to resistance (strength) training is effective.

Aerobic exercise = brisk walking, running, swimming, dancing, cycling, group fitness

Resistance exercise = weightlifting, dumbbells, squats, push-ups

Stress Management

Reduce or manage stress, by adopting a few simple daily techniques. This also helps to reduce the anxiety and depression caused by excess aldosterone in PA. Seek counselling in times of crisis and learn from professionals trained in stress management.

- Practice relaxation techniques like breathing exercises, mindfulness, meditation, yoga, tai chi
- Regular physical activity can help ease anxiety and improve emotional wellbeing

Getting 7-9 hours of good-quality sleep each night helps balance hormones and aids recovery. Individuals with PA often experience sleep issues like sleep apnoea.

www.healthdirect.gov.au/obstructive-sleep-apnoea

- Stay socially connected with others through regular conversations, group activities, or shared interests.

Lifestyle Habits

Alcohol can independently lower potassium levels and worsen hypokalaemia in PA. The optimal goal is abstinence from alcohol for best health outcomes. If you enjoy a drink now and then, try to keep it to no more than 2 per day for men and 1 for women.



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