



HIGH BLOOD PRESSURE



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Having high blood pressure means that the force of blood pushing outwards on your arteries is higher than it should be.

BLOOD PRESSURE

<u>SYSTOLIC</u>	<u>120</u>
DIASTOLIC	80

A recommended normal or optimal blood pressure is 120/80.

SYSTOLIC PRESSURE

SYSTOLIC	120
DIASTOLIC	80

The first (top) number is your *systolic* pressure. Systolic blood pressure is the pressure in the arteries when the heart is beating.

DIASTOLIC PRESSURE

SYSTOLIC

120

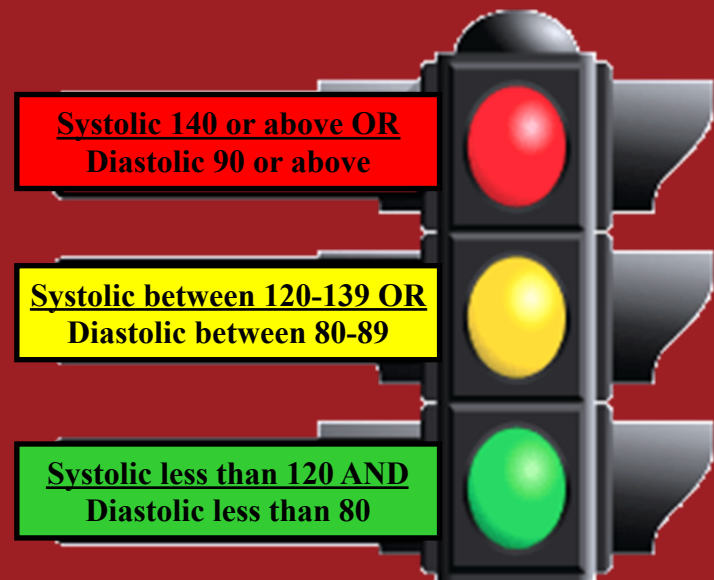
DIASTOLIC

80

The second (bottom) number is your *diastolic* pressure. Diastolic blood pressure is the pressure in the arteries when the heart muscle is resting.

BLOOD PRESSURE LEVELS

A systolic pressure greater than 180 or a diastolic pressure greater than 110 is considered a hypertensive crisis and requires emergency medical treatment.



PRE-HYPERTENSION

If your blood pressure regularly measures between 120-140 systolic and 80-89 diastolic, you are at high risk of high blood pressure.

MYTHS

The following statements are commonly believed to be true, but are actually false.

MYTH #1



“A headache indicates that my blood pressure is high.”

MYTH #1: FALSE

- Headaches, or lack of headaches, are not reliable or true symptoms for high blood pressure.
 - The best indicator of high blood pressure is when the systolic number is above 140 or the diastolic number is above 90.
 - Have your blood pressure checked and know your numbers!

MYTH #2

“Dizziness is a symptom of high blood pressure.”



MYTH #2: FALSE

- High blood pressure does not cause dizziness, but it can be a side effect of some medications for high blood pressure.

MYTH #3



“If I have a nosebleed, my blood pressure must be high.”

MYTH #3: FALSE

- Nosebleeds are caused by a number of reasons.
 - ▣ Dry Air
 - ▣ Allergies
 - ▣ Colds
- There is no evidence linking nosebleeds with high blood pressure.

ALWAYS SEEK HELP!

Ask your doctor
or other health care
professionals if you
have questions.



MAJOR RISK FACTOR

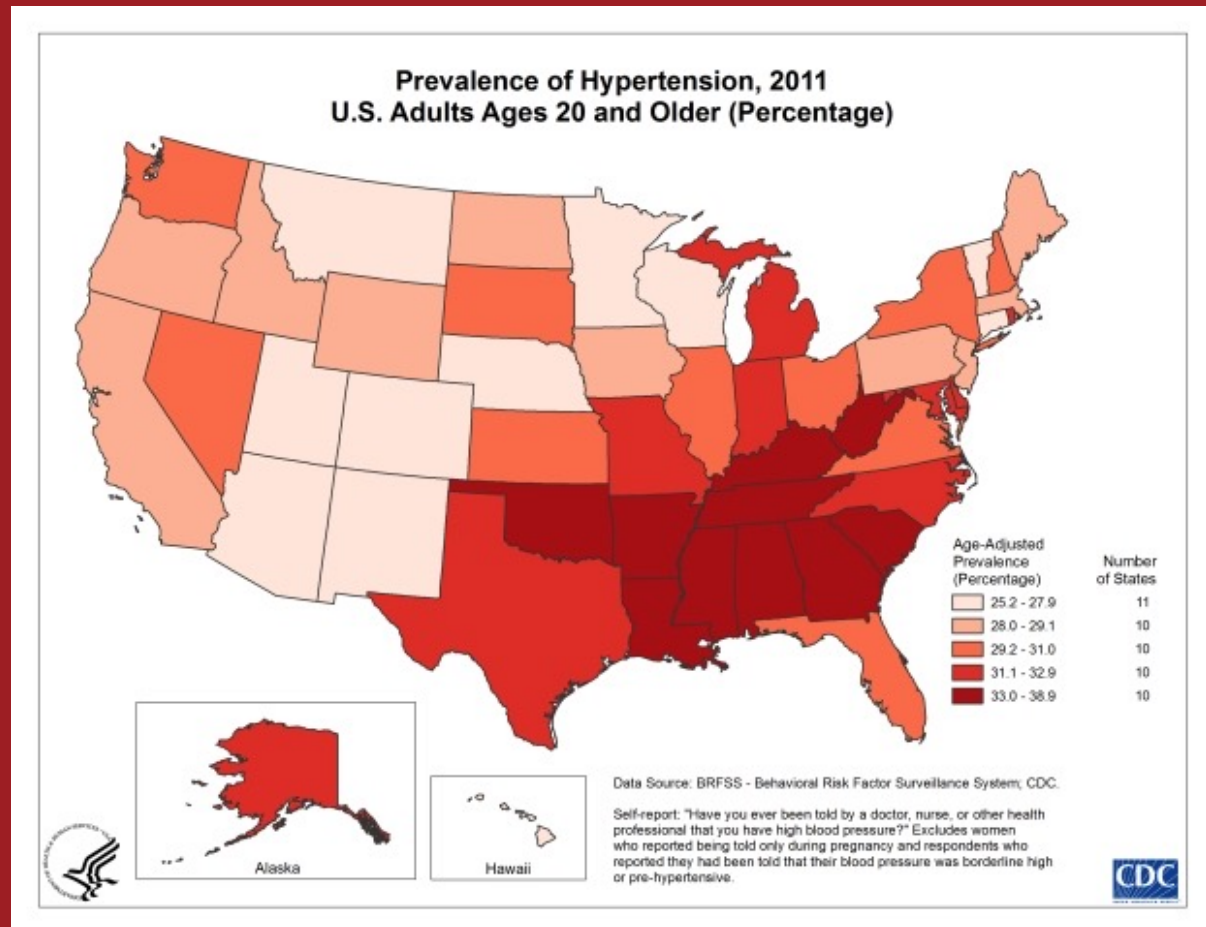
High blood pressure is a major risk factor for heart disease, stroke, congestive failure and kidney disease.

THE “SILENT KILLER”

People often refer to high blood pressure as the “Silent Killer”. There are many individuals who have high blood pressure and do not know it because it may not present with any symptoms.

PREVALENCE

Percentage of adults 20 years or older diagnosed with high blood pressure, 2011



STATISTICS

Women are *more likely* than men to have high blood pressure.

STATISTICS

21% of *men under 45* are affected by high blood pressure.

~

70% of *women over 65* are affected by high blood pressure.

STATISTICS

At least 25% of *Mexican-Americans* suffer from high blood pressure.

CONSEQUENCES



- High blood pressure can affect your:
 - Brain
 - Heart
 - Eyes
 - Arteries
 - Kidneys

STROKE

- Hypertension is the most important risk factor for strokes.
- A very high pressure can cause a break in a weakened blood vessel, and bleeding within the brain, causing a stroke.
- If a blood clot blocks one of the narrowed arteries, it can also cause a stroke.

HEART ATTACK

- Hypertension is a major risk factor for heart attacks.
- Arteries carry oxygen-carrying blood to the heart muscle.
 - If the heart cannot get enough oxygen, chest pain, also known as "angina," can occur.
 - If the blood flow is blocked, a heart attack occurs.

CONGESTIVE HEART FAILURE

- Hypertension is a major risk factor for congestive heart failure (CHF).
- CHF is a serious condition in which the heart cannot pump enough blood to meet the body's needs.

IMPAIRED VISION

- Arterial hypertension can eventually cause blood vessels in the eye to burst or bleed.
- The vision may be blurred or altered and can result in blindness.

ARTERIES

- As you age, the arteries throughout the body "harden" especially the heart, brain, and kidneys.
- Hypertension is associated with "stiffer" arteries. This, in turn, causes the heart and kidneys to work harder.

KIDNEY DAMAGE

- The kidneys are filters that rid the body of waste.
- Over time, arterial hypertension can narrow and thicken the blood vessels of the kidneys.

BEHAVIOR & RISK FACTORS

- Diet
 - ▣ Food and drink
- Weight
- Physical Inactivity
- Alcohol Consumption
- Tobacco Use
- Other risk factors may include:
 - ▣ Genetics
 - ▣ Age
 - ▣ Diabetes
 - ▣ High Cholesterol

CONTROLLING YOUR BP

Keeping a healthy lifestyle can help reduce and control blood pressure.

Here are ten ways to achieve a healthier lifestyle.

1 CONTROLLING YOUR BP



Adopt a new and different meal plan.

2

CONTROLLING YOUR BP

Enjoy at least 30 minutes of physical activity per day.



3

CONTROLLING YOUR BP



Maintain a healthy weight.

4

CONTROLLING YOUR BP

Reduce your salt intake.



5

CONTROLLING YOUR BP



Manage your stress.

6

CONTROLLING YOUR BP

Avoid using tobacco.



7

CONTROLLING YOUR BP



Take medications as prescribed by your doctor.

8

CONTROLLING YOUR BP

Limit alcohol consumption.



9

CONTROLLING YOUR BP



Find your support system.

10

CONTROLLING YOUR BP

Overcome barriers,
such as lack of
energy.



TAKE CONTROL!

Scenario:

Every time you cook or sit down to eat, first thing you do is add salt to your food. What should you do?

REFERENCES

- Center for Disease Control
- American Heart Association
- U.S. Department of Health & Human Services, National Institutes of Health
 - *The Seventh Report of the Joint National Committee on Prevention, Detection, Evaluation and Treatment of High Blood Pressure*