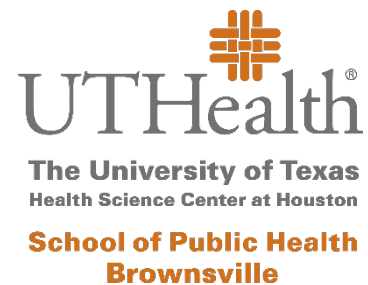




HIGH BLOOD PRESSURE



<https://www.uclahealth.org/marc/mindful-meditations>



Salud y Vida

Diabetes Self-Management Education Classes

Cameron County

Brownsville Schedule

Su Clínica

105 E. Alton Gloor Blvd.

Español: Martes de 5:30-7:30 pm

Tony Gonzalez Recreational Park

Start : September 12, 2019

34 Tony Gonzalez Drive

Español: Jueves de 10:00 – 12:00pm

Brownsville Community Health Center

191 East Price Road

Español: Sábados de 9-11 am

Harlingen Schedule

Su Clínica

1706 Treasure Hills Blvd.

English: Thursday from 6-8 pm

Rio Grande State Center

1401 South Rangerville Road

Español: Martes de 9:30 ~11:30 am

San Benito Schedule

San Benito C.I.S.D. Landrum Educational Complex

450 South Dowling St

San Benito, TX 78586

Español: Miércoles de 6–8 pm

Español: Jueves de 10 am–12 pm

Salud y Vida

Diabetes Self-Management Education Classes

Hidalgo County

Alton Schedule

Alton Recreational Center

349 Dawes Ave, Alton, TX 78573

Español: Miércoles de 10 am – 12 pm

McAllen Schedule

Hope Family Health Clinic

2332 Jordan Rd.

Español: Martes de 10 am – 12 pm

LEARNING GOALS



Define Hypertension

Know the symptoms of hypertension and hypotension and what actions are needed with each

Identify your blood pressure targets

Describe healthy lifestyle activities that help in managing Hypertension

Begin self monitoring activities

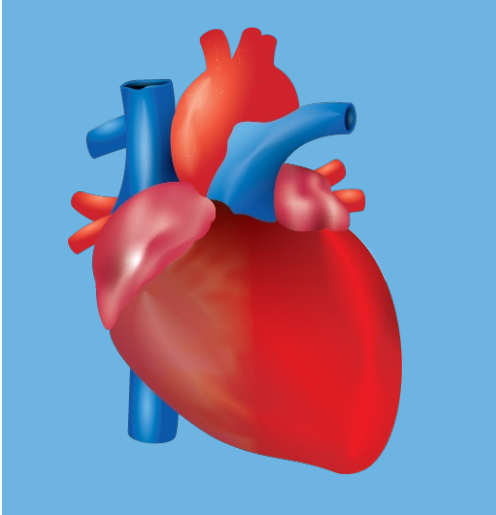
RULER OF IMPORTANCE: HOW IMPORTANT IS IT TO YOU TO CONTROL YOUR BLOOD PRESSURE?



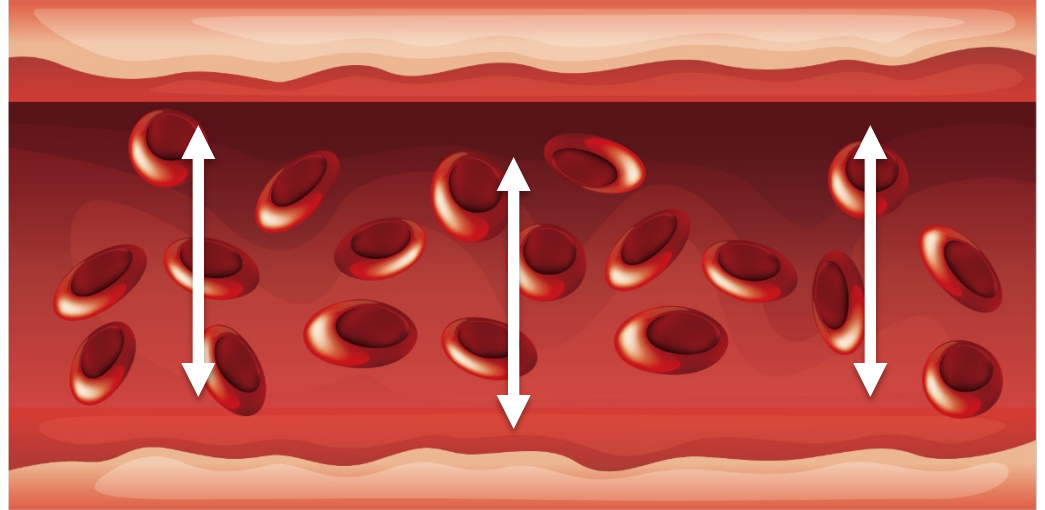
On a scale of 1-10, how important is it to you to control your blood pressure?

WHAT IS BLOOD PRESSURE?

HEART



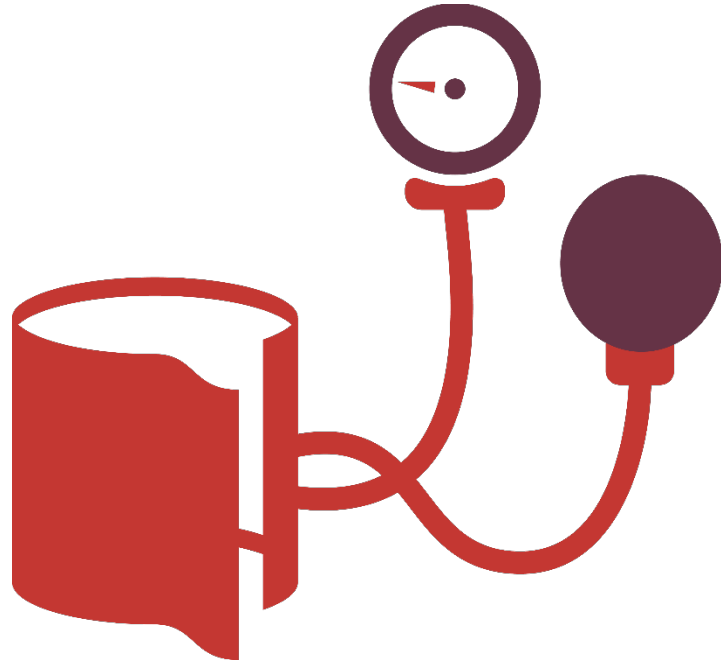
VESSEL



Blood pressure is the force that blood puts on the arteries when the heart expands and relaxes.

WHAT IS HIGH BLOOD PRESSURE?

When the force of blood pushing outwards on your arteries is higher than it should be.



BLOOD PRESSURE

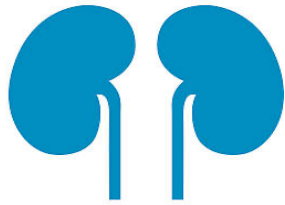
SYSTOLIC	120
DIASTOLIC	80

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

CONTROLLED BLOOD PRESSURE FOR A PERSON WITH DIABETES

SYSTOLIC	130
DIASTOLIC	80

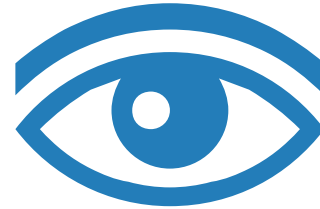
To prevent or reduce the risk of diabetes complications to:



kidneys



heart



eyes

blood pressure should be kept **below 130/80**

SYSTOLIC PRESSURE

SYSTOLIC	130
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	130
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

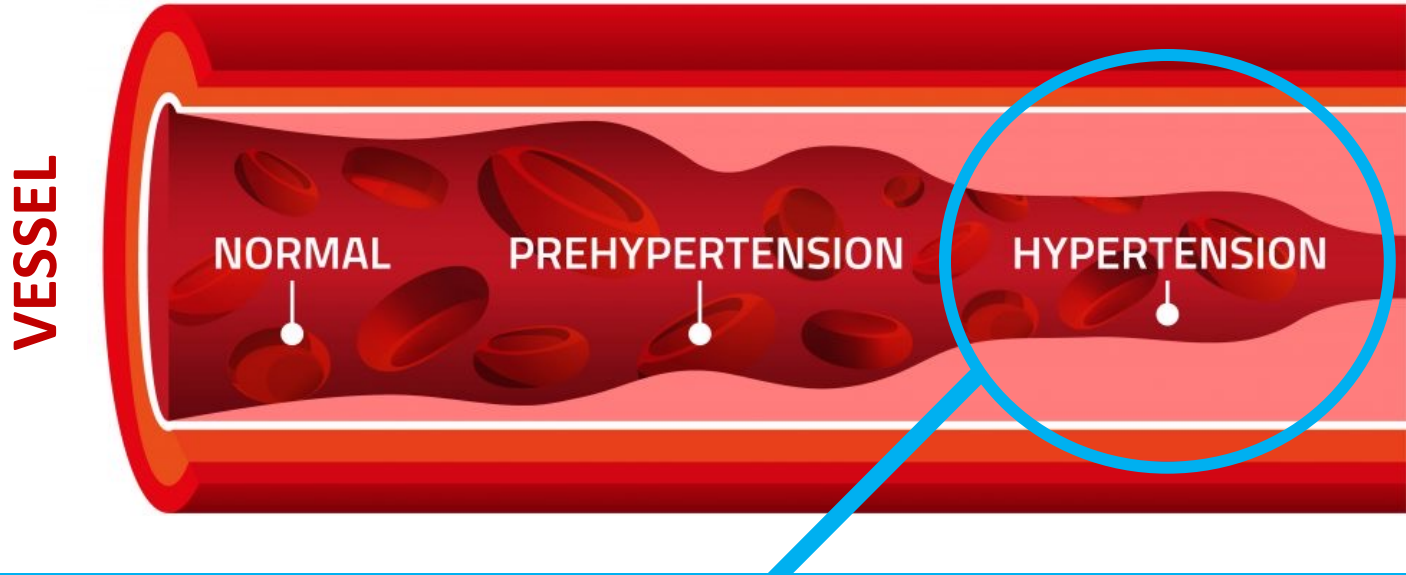
Blood Pressure Categories



BLOOD PRESSURE CATEGORY	SYSTOLIC mm Hg (upper number)		DIASTOLIC mm Hg (lower number)
NORMAL	LESS THAN 120	and	LESS THAN 80
ELEVATED	120 – 129	and	LESS THAN 80
HIGH BLOOD PRESSURE (HYPERTENSION) STAGE 1	130 – 139	or	80 – 89
HIGH BLOOD PRESSURE (HYPERTENSION) STAGE 2	140 OR HIGHER	or	90 OR HIGHER
HYPERTENSIVE CRISIS (consult your doctor immediately)	HIGHER THAN 180	and/or	HIGHER THAN 120

Blood pressure target: less than **130/80**

WHAT IS HYPERTENSION?



Blood pressure measures 130 or above systolic and/or 80 or above diastolic is called **Hypertension**.

HYPERTENSION AND DIABETES

COMMON

Hypertension is very common among people with diabetes.

50%

About 50% of people with diabetes have high blood pressure.



GREATER RISK

Anyone with diabetes and blood pressure above 130/80 faces greater risk of cardiovascular, kidneys and eye complications.

MODIFIABLE RISK FACTORS

Things you can change

Obesity



Lifestyle



Increase of lipids in blood



Smoking



Stress

NON MODIFIABLE RISK FACTORS

Things you can not change

Age



Family history



Diabetes



Ethnicity



Previous heart attack

RISKS OF HIGH BLOOD PRESSURE

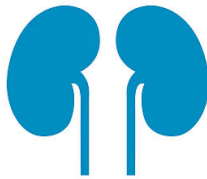
High blood pressure makes more you more at risk of:



Heart Disease



Stroke



Kidney Disease

SYMPTOMS OF HIGH BLOOD PRESSURE ?

DIZZINESS

Hypertension may not always produce any symptoms;



In most cases, high blood pressure does not cause Dizziness or Headaches

HEADACHES

that is why it is called the **Silent enemy**.

Looking for a list of symptoms?



'I FEEL FINE'
People with HBP may not experience any obvious symptoms.

Myth: People with high blood pressure may experience symptoms, like nervousness, sweating, dizziness, headaches, difficulty sleeping or facial flushing.

Truth:

High blood pressure is a largely symptomless “silent killer.” If you ignore your blood pressure because you think a certain symptom or sign will alert you to the problem, you are taking a dangerous chance with your life.



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 come with with any symptoms.

TAKE CONTROL!




Blood pressure should be checked regularly at every doctor's visit and at home often.

WHAT IS HYPOTENSION?


What Is HYPOTENSION?

Hypotension is blood pressure that is lower than what it should be based on a person's expected healthy blood pressure range.





For most people, healthy blood pressure is about 120/80 mm Hg.

Low blood pressure is generally anything under 90 mm Hg systolic (the top number) or under 60 mm Hg diastolic (the bottom number).



- With hypotension, there is a low flow of blood through the body. This means the body may not be getting enough oxygen & nutrients.
- Most hypotension is either mild or temporary.
- If blood pressure gets very low or stays too low for too long, it can be life threatening. This is called shock (extreme hypotension).



Low blood pressure is generally anything under 90 mm Hg systolic (the top number) or under 60 mm Hg diastolic (the bottom number).

Blood Pressure Category	Systolic mm Hg (upper #)		Diastolic mm Hg (lower #)
Low blood pressure (Hypotension)	less than 90	or	less than 60
Normal	90 to 120	and	60 to 80

WHAT IS HYPOTENSION?

HYPOTENSION SYMPTOMS INCLUDE



Dizziness or
lightheadedness



Fainting



Blurry vision



Nausea or
vomiting



Feeling tired
or weak

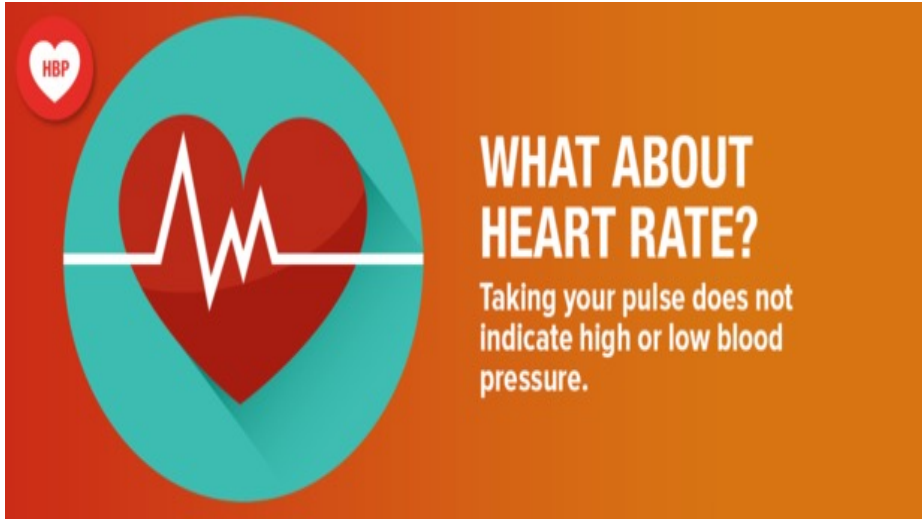


Confusion or trouble
concentrating

Sources • <http://mayoclinic.com/2oLpnJ9> • <http://bit.ly/2FDiz6Y>

WHAT ABOUT HEART RATE ?

Understanding the difference between blood pressure and pulse




The infographic features a red heart with a white ECG line, set against a teal circular background. A small red heart icon with 'HBP' is in the top left. The text is in white and orange.

WHAT ABOUT HEART RATE?

Taking your pulse does not indicate high or low blood pressure.

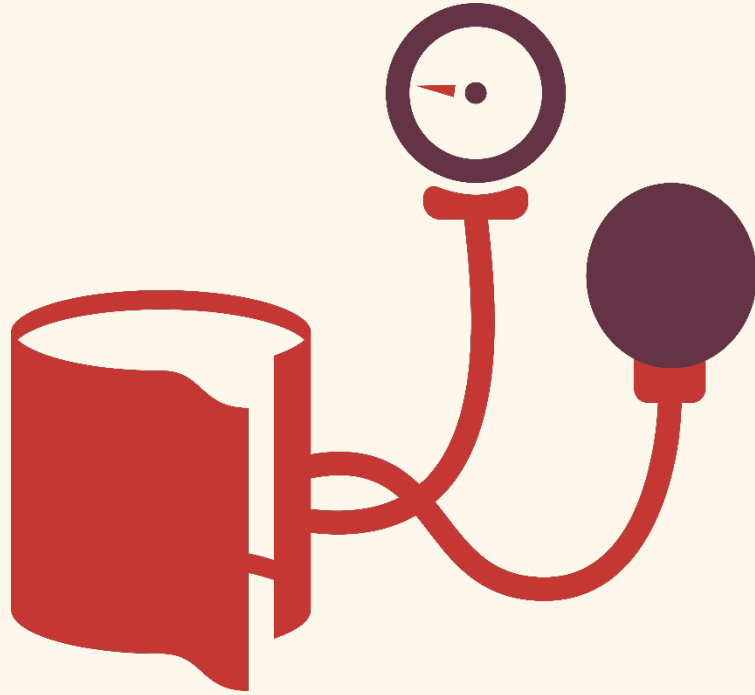
While your blood pressure is the force of your blood moving through your blood vessels, your heart rate is the number of times your heart beats per minute.



The medical symbol is a white caduceus on a teal background.

They are two separate measurements and indicators of health. Your heart rate, or pulse, is the number of times your heart beats per minute. Normal heart rate varies from person to person. Knowing yours can be an important heart-health gauge. Talk to your Doctor about your target zone.

ACTIVITY



MEASURING BLOOD PRESSURE

CLASS EXERCISE BREAK



WHAT CAN YOU DO TO MANAGE HIGH BLOOD PRESSURE?



Reduce salt intake



Limit alcohol



Quit smoking



HOW TO CONTROL BLOOD PRESSURE

**CONTROL
DIABETES**

**If diabetes
worsens, so
will the
hypertension.**



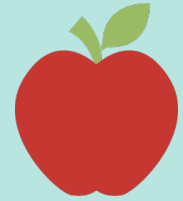
**CHECK YOUR BLOOD
PRESSURE REGULARLY**

and medication if prescribed

HOW TO CONTROL HIGH BLOOD PRESSURE



EXERCISE



EAT HEALTHY

Avoid weight gain by exercising and maintaining a healthy diet with lots of fruits and vegetables.



30 MIN. DAILY PHYSICAL ACTIVITY

Enjoy at least 30 minutes of physical activity per day like brisk walking.

HOW TO CONTROL HIGH BLOOD PRESSURE

A diet high in fruits and vegetables and decreased salt can bring down systolic blood pressure by as much as 11 points.*



* “New high blood pressure guidelines: Think your blood pressure is fine? Think again...”,
Harvard Health Blog; Nov 2017

HOW TO CONTROL HIGH BLOOD PRESSURE

Limit Salt (Sodium)








For people who are 51 years or older or people who have hypertension, diabetes or other chronic disease, sodium intake should be limited to 1,500 mg per day.

It is recommended to limit sodium intake to less than 2,300 mg per day (approximately one teaspoon of salt).



HOW TO CONTROL HIGH BLOOD PRESSURE

Limit Salt (Sodium)

-  Look at the label.
-  Avoid eating high processed/packaged or canned foods.
-  Cook at home so you know what exactly is going in your meals.
-  Use condiments without salt such as garlic powder, herbs, chile, etc.
(limit garlic salt or table salt)
-  Use lemon or lime to add flavor to your meal instead of using salt.

Nutrition Facts

Per 1 burger (130 g)

Amount	% Daily Value
Calories 200	
Fat 9 g	14 %
Saturated Fat 2 g + Trans Fat 1 g	15 %
Cholesterol 70 mg	
Sodium 800 mg	33 %
Carbohydrate 4 g	1 %
Fibre 0 g	0 %
Sugars 0 g	
Protein 25 g	
Vitamin A 0 %	Vitamin C 0 %
Calcium 4 %	Iron 2 %

PREVENTION AND TREATMENT OF HIGH BLOOD PRESSURE

Avoid using tobacco.



SEEK HELP



Ask your health care provider for treatment.



CALL

**For free help to quit, call 1-800-QUIT NOW
(1-800-784-8669) or visit [CDC.gov/tips](https://www.cdc.gov/tips)**

PREVENTION AND TREATMENT OF HIGH BLOOD PRESSURE

Manage your stress.

Keep a positive attitude towards life.

Do relaxation and meditation exercises.

Exercise regularly. Physical activity is one of the best ways to reduce stress.

Ask for help when you need it. Talk to a friend or family member.

Get outside and enjoy nature.



PREVENTION AND TREATMENT OF HIGH BLOOD PRESSURE

Tips to manage your stress:

Find something you enjoy, such as gardening, reading a book, or playing with grandchildren.

Eat well (healthy)—more fruits and vegetables, reduce sugar.

Get plenty of sleep!



PREVENTION AND TREATMENT OF HIGH BLOOD PRESSURE

Take medications
as prescribed by
your doctor.



QUESTIONS TO ASK YOUR DOCTOR

about your medications

When should I take it?

How much should I take?

Can I take it with an empty stomach?

What should I do if I forget to take it?



Can I drink alcohol while I am on this medication?

What problems should I anticipate?

What should I do if my blood pressure levels fall too low?

When do the side effects vanish?

ALWAYS SEEK HELP!



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

Modelo a Seguir
Samantha Monroy



<https://vimeo.com/261389800>

<https://vimeo.com/261389800>

Modelo a Seguir
Daniel Naredo



<https://vimeo.com/278558635>

Modelo a Seguir Miriam Larga

<https://vimeo.com/232875676>

<https://vimeo.com/232875676>

Miriam Larga
Modelo a Seguir



<https://vimeo.com/232875676>

WHAT AREA WOULD I LIKE TO WORK ON NOW TO IMPROVE MY BP?



HEALTHY EATING



BEING ACTIVE



TAKING MEDICATION



CONTROL



PROBLEM SOLVING



REDUCING RISKS



HEALTHY COPING

THE PLAN

Disadvantages	Advantages

MAKE A PLAN

**Setting goals is the key to success.
Write small, clear and realistic goals.**

What healthy lifestyle activities will you do to help you manage Hypertension

How often will you monitor you blood pressure?

What tips will you use to lower sodium intake?

When will you start?

THE PLAN



On a scale of 1-10, how confident are you that you can follow your plan?

REFERENCES

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Heredia, N, Lee, M, Mitchell-Bennett, L, Reininger, B.M. Tu Salud; Sí Cuenta! Your Health Matters! A Community-wide Campaign in a Hispanic Border Community in Texas. *Journal of Nutrition Education and Behavior*, 2017

“New high blood pressure guidelines: Think your blood pressure is fine? Think again...”, Harvard Health Blog; Nov 2017

https://www.heart.org/HEARTORG/Conditions/HighBloodPressure/UnderstandSymptomsRisks/What-are-the-Symptoms-of-High-Blood-Pressure_UCM_301871_Article.jsp