Hypertension
Beware of the Silent Killer

What is **blood pressure (BP)?**
The pressure of blood pushing against artery walls carrying blood from the heart to other parts of the body

What is high BP or Hypertension?
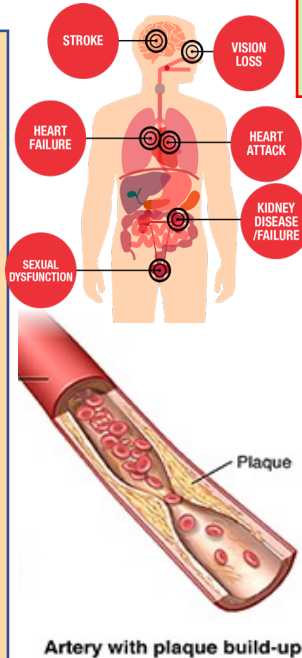BP that is consistently higher than normal stretching artery walls beyond normal limits.

What are the risk factors?

Things you CANNOT control:
Age, genetics, family history

Things you CAN control:

- **Tobacco use**
- **Harmful use of alcohol**
- **Being overweight or obese**
- **Unhealthy eating**
- **Physical inactivity**

STROKE | VISION LOSS | HEART FAILURE | HEART ATTACK | KIDNEY DISEASE/FAILURE | SEXUAL DYSFUNCTION

Plaque
Artery with plaque build-up

Complications of **uncontrolled** BP:
Damaged arteries I Aneurysm I Coronary artery disease I Stroke I Enlarged heart I Dementia I Transient ischemic attack I Heart Failure I Kidney failure

WHAT HAPPENS TO THE ARTERIES:
Increased workload of the heart ->
force and friction damages the arteries -> plaque forms along the artery walls -> arteries become smaller due to plaque buildup -> raising BP -> complications arise.

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120 / 80 mm Hg
Read as 120 over 80 millimiters of mercury

Systolic
The top number measures the pressure of the heart pumping blood into arteries

Diastolic
The bottom number measures the pressure in the arteries between heart beats

Normal.
120 / 80
These are normal number. There is no risk at this point.

Stage One.
135 / 88
Changes are needed to prevent hypertension. Risk at this point.

Stage Two.
140 / 90 or higher
Time to see the doctor to work out a plan that works for you.

KNOW YOUR NUMBERS

What is the recommended **treatment?**

- Take your prescribed medications even if you feel better.
- Eat a heart-healthy diet
- Get regular physical activity
- Maintain a healthy weight
- Limit alcohol
- Do not smoke/ quit smoking
- Get 7 to 9 hours of sleep daily
- Keep a check on your BP levels at home!

DASH Eating Plan

The Benefits: Lowers blood pressure & LDL "bad" cholesterol.

✓ Eat This	⚠ Limit This
Vegetables	Fatty meats
Fruits	
Whole grains	Full-fat dairy
Fat-free or low-fat dairy	
Fish	Sugar sweetened beverages
Poultry	
Beans	Sweets
Nuts & seeds	
Vegetable oils	Sodium intake

www.nhlbi.nih.gov/DASH

Physical Activity: American Heart Association

- 150 minutes per week
- ONLY 25 minutes per day
- Walking, water aerobics, gardening.
- Don't worry if you can't reach 150 minutes per week just yet.
- SET A REACHABLE GOAL!!