



Healing Hands
Health Center



Journey
For Health

Hypertension

ALSO CALLED: HIGH BLOOD PRESSURE (HBP)

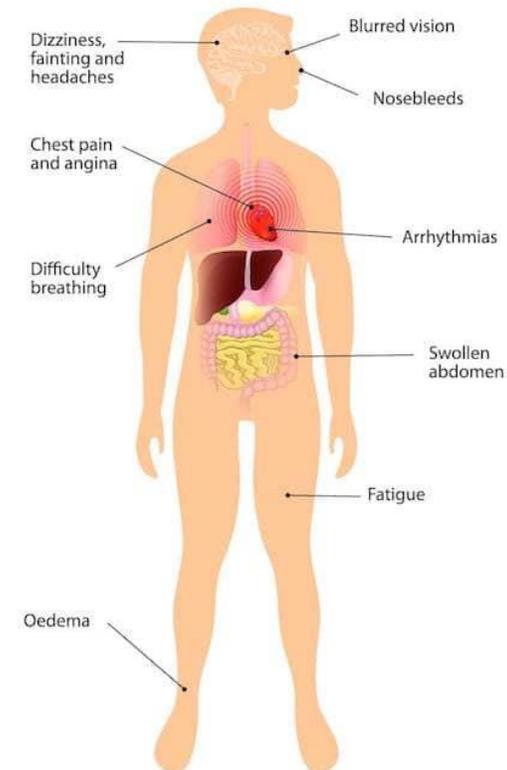
Hypertension

- ▶ The American College of Cardiology guidelines are:
 - ▶ Normal: Less than 120/80 mmHg
 - ▶ Elevated: Systolic (top number) between 120-129 mmHg **and** diastolic (bottom number) less than 80 mmHg
 - ▶ Stage 1: Systolic between 130-139 mmHg **or** diastolic between 80-89 mmHg
 - ▶ Stage 2: Systolic at least 140 mmHg **or** diastolic at least 90 mmHg
 - ▶ Hypertensive crisis: Systolic over 180 mmHg **and/or** diastolic over 120 mmHg

Symptoms

- ▶ Most people with hypertension have no signs or symptoms which make it the silent killer.
- ▶ Few people may experience
 - ▶ Headaches
 - ▶ Shortness of breath
 - ▶ Nosebleeds
- ▶ However, these aren't specific and do not occur until your blood pressure has reached a severe or life-threatening stage

High blood pressure symptoms



Causes

- ▶ There are two main types of high blood pressure (HBP)
 - ▶ Primary Hypertension
 - ▶ Secondary Hypertension
- ▶ Primary hypertension
 - ▶ Tends to develop gradually over many years
- ▶ Secondary hypertension
 - ▶ Which is “secondary” to another underlying condition which include
 - ▶ Obstructive Sleep apnea
 - ▶ Kidney problems
 - ▶ Thyroid problems
 - ▶ Drug abuse
 - ▶ Alcohol Abuse

Risk Factors

- ▶ **Age:** Your risk of high blood pressure increases as you age. Men are more likely to develop HBP about age 45 and woman after age 65.
- ▶ **Race:** High blood pressure is more common among blacks, and develops at an earlier age. Serious complications, such as stroke, heart attack and kidney failure, are also more common in blacks.
- ▶ **Family History:** HBP tends to run in families
- ▶ **Being overweight or obese**
- ▶ **Lack of Exercise:** The higher your heart rate, the harder your heart must work with each contraction and the stronger the force on your arteries.
- ▶ **Using tobacco:** Smoking or chewing tobacco immediately raises your blood pressure temporarily, but the chemicals in tobacco also damage the lining of your artery walls. This causes your arteries to narrow and increase blood pressure.

Risk Factors

- ▶ **Too much salt (sodium) in your diet:** causes your body to retain fluid
- ▶ **Too little potassium in your diet:** potassium helps balance the amount of sodium in your cells
- ▶ **Drinking too much alcohol:** over time, heavy drinking can damage your heart. Two or more drinks a day for men and one drink a day for women may affect blood pressure
- ▶ **Stress:** can lead to temporary increase in blood pressure
- ▶ **Certain chronic conditions:** such as kidney disease, diabetes and sleep apnea

Complications

- ▶ Heart attack or stroke
- ▶ Aneurysm
- ▶ Heart failure
- ▶ Weakened and narrowed blood vessels in your kidneys
- ▶ Thickened, narrowed or torn blood vessels in the eyes
- ▶ Metabolic syndrome
- ▶ Trouble with memory or understanding

Treatment

- ▶ Lifestyle changes
 - ▶ Healthy diet
 - ▶ Exercise regularly
 - ▶ Quit smoking
 - ▶ Maintain healthy weight
 - ▶ Limit alcohol consumption
- ▶ However lifestyle changes are not always enough, your doctor may recommend medications to help lower your blood pressure

Some ways to help control blood pressure



Eat a heart-healthy diet that includes potassium and fiber.



Drink plenty of water.



Exercise regularly.



Don't smoke.



Limit alcohol consumption to one drink a day for women, two a day for men.



Limit salt consumption to less than 1,500 mg per day.



Try to avoid stress.



Maintain a healthy body weight.