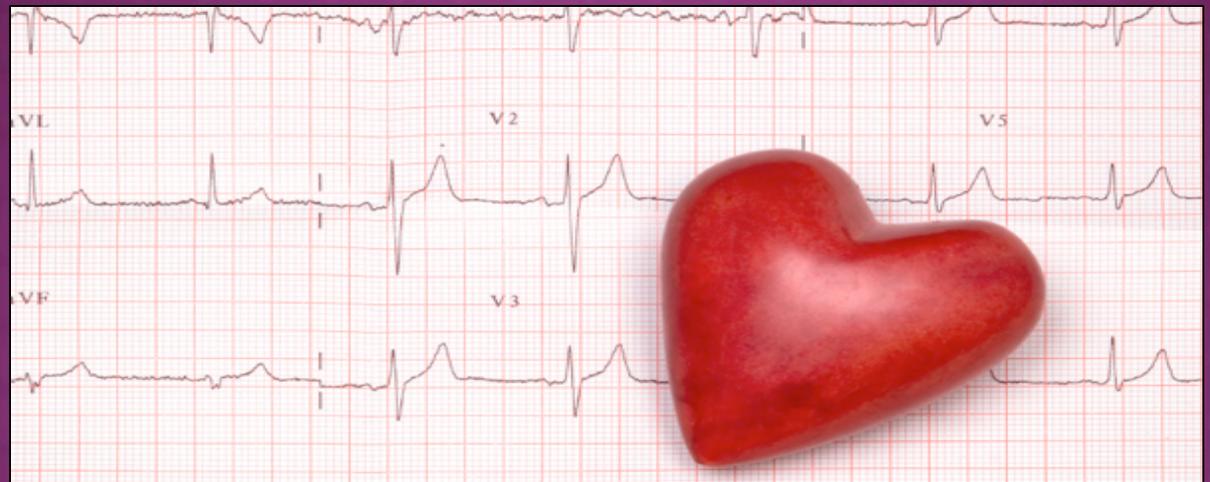




BLOOD PRESSURE

IT GOES UP AND DOWN BUT NOT ALL AROUND



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The Reader Will Be Able To...

- ◉ List three risk factors of high blood pressure
- ◉ Recall three things that can happen if blood pressure is not controlled
- ◉ Explain what blood pressure reading means



Silent Killer...

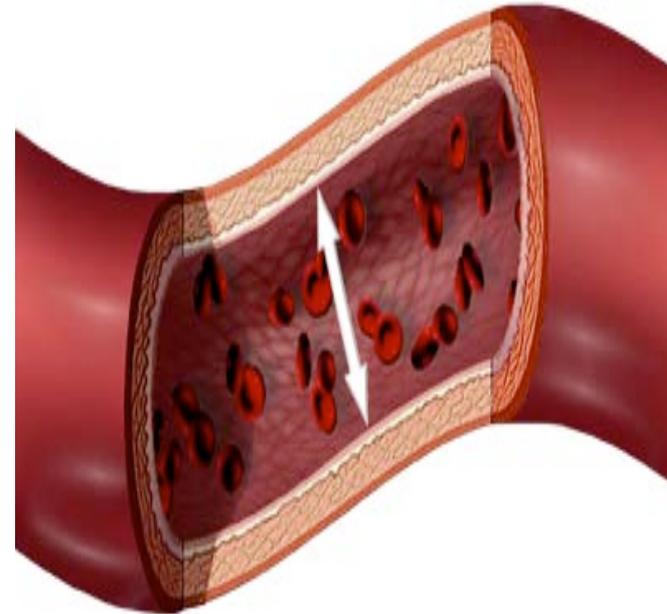
- About 1 of 3 adults in the United States has high blood pressure, which increases the risk for heart disease and stroke, the first and third leading causes of death in the United States. (CDC)
- High blood pressure is called the "**silent killer**" because it often has no warning signs or symptoms, and many people don't realize they have it.



What Is Blood Pressure?

- Blood pressure is the force of blood against your artery walls as it circulates through your body.
- Blood pressure normally rises and falls throughout the day, but it can cause health problems if it stays high for a long time.

Blood pressure is the measurement of force applied to artery walls



Hypertensive Crisis...

- Exists when blood pressure reaches levels of 180 or higher for the systolic (top) number OR 110 or higher for the diastolic (bottom) number.
- Signs and symptoms of hypertensive crisis
 - Severe headaches
 - Severe anxiety
 - Shortness of breath
 - Nosebleeds
- You need to call 9-1-1, this is a an emergency



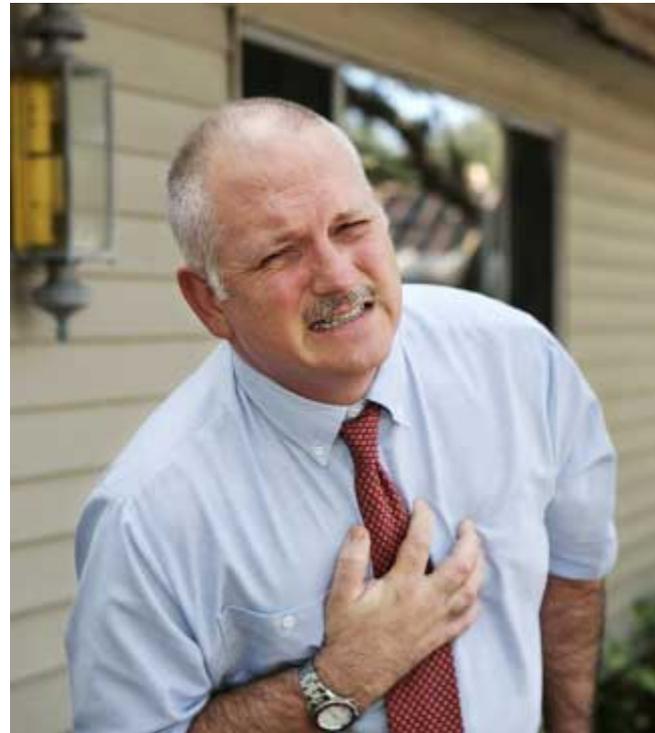
General Information...

- ⦿ High blood pressure often has no warning signs or symptoms.
- ⦿ Some health conditions, as well as lifestyle and genetic factors, can put people at a higher risk for developing high blood pressure.
- ⦿ However, everyone can take steps to lower their blood pressure.



What Can Happen If High Blood Pressure Is Not Treated ?

- ◉ Chest pain
- ◉ Heart failure and damage
- ◉ Heart attack
- ◉ Stroke
- ◉ Artery damage
- ◉ Kidney damage
- ◉ Vision loss
- ◉ Erectical dysfunction



Measuring Your Blood Pressure...

- Blood pressure is measured using two numbers.
- The first (systolic) number represents the pressure in your blood vessels when your heart beats.
- The second (diastolic) number represents the pressure in your vessels when your heart rests between beats.
- If the measurement reads 120 systolic and 80 diastolic, you would say "120 over 80" or write "120/80 mmHg."



Prehypertension...

- Prehypertension
 - Blood pressure levels that are slightly higher than normal—increases the risk that you will go on to develop chronic high blood pressure.
 - The American Heart Association defines prehypertension as Systolic 120-139 and Diastolic 80-89



Blood Pressure Readings...

| Blood Pressure Category | Systolic mm Hg (upper #) | | Diastolic mm Hg (lower #) |
|---|--------------------------|-----|---------------------------|
| Normal | less than 120 | and | less than 80 |
| Prehypertension | 120 - 139 | or | 80 - 89 |
| High Blood Pressure (Hypertension) Stage 1 | 140 - 159 | or | 90 - 99 |
| High Blood Pressure (Hypertension) Stage 2 | 160 or higher | or | 100 or higher |
| <u>Hypertensive Crisis</u> (Emergency care needed) | Higher than 180 | or | Higher than 110 |

Source: American Heart Association

Diabetes...

- ⦿ Affects the body's use of a hormone called insulin.
- ⦿ This hormone tells the body to remove sugar from the blood. With diabetes, the body either doesn't make enough insulin, can't use its own insulin as well as it should, or both.
- ⦿ This causes sugars to build up in the blood. About 60% of people who have diabetes also have high blood pressure. (CDC)



Diet

- ◉ Sodium is the element in salt that can raise blood pressure.
- ◉ Most of the sodium we eat comes from processed and restaurant foods.
- ◉ Eating too much sodium can increase blood pressure.
- ◉ Not eating enough potassium (from fruits and vegetables) can also increase blood pressure.



Weight And Physical Inactivity...

- Being overweight can cause high blood pressure.
- Not getting enough exercise can make you gain weight, which can lead to high blood pressure.



Alcohol Use And Tobacco Use...

- ◉ Drinking too much alcohol can raise your blood pressure.
- ◉ Smoking raises your risk for high blood pressure.



Age And Race...

- ◉ Blood pressure tends to rise as people get older.
- ◉ African Americans are more likely to develop high blood pressure than Caucasians.



Family History...

- High blood pressure can run in families.
- People can inherit genes that make them more likely to develop the condition.
- The risk for high blood pressure can increase even more when heredity is combined with unhealthy lifestyle choices, such as
 - Smoking cigarettes
 - Eating a poor diet.



What You Can Do ?

- Eat a healthy diet
 - Eating healthy can help keep your blood pressure down.
 - Eat lots of fresh fruits and vegetables, which provide nutrients such as potassium and fiber. Also, eat foods that are low in saturated fat and cholesterol.
 - Avoid sodium
- Maintain a healthy weight
 - Losing weight can help you lower your blood pressure.
- Be physically active
 - The Surgeon General recommends that adults should engage in moderate physical activities for at least 30 minutes on most days of the week.



What You Can Do ?

○ Don't smoke

- Smoking injures blood vessels and speeds up the hardening of the arteries.
- Further, smoking is a major risk for heart disease and stroke.

○ Limit alcohol use

- If you drink alcohol, you should do so in moderation—no more than one drink per day for women or two drinks per day for men. (CDC)

○ Check your blood pressure

- Getting your blood pressure checked is important because high blood pressure often has no symptoms.



Treat Your Medical Conditions...

○ Prevent and manage diabetes

- You can reduce your risk of diabetes by eating a healthy diet, maintaining a healthy weight, and being physically active.

○ Treat high blood pressure

- If you already have high blood pressure, your doctor may prescribe medications in addition to lifestyle changes.
- Take your medication as directed by your health care provider



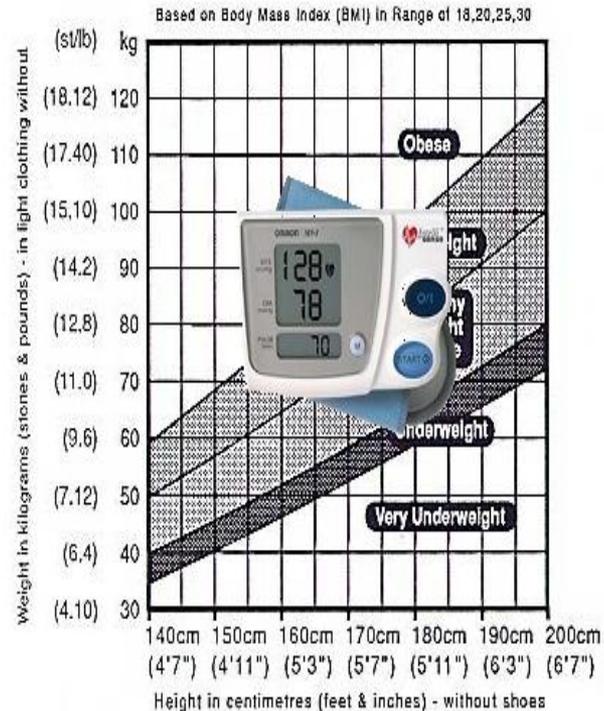
Risk Calculator...

⦿ Blood Pressure Health Risk Calculator

- http://www.americanheart.org/beatyourrisk/en_US/main.html

⦿ Blood Pressure Tracker

- http://www.heart.org/idc/groups/heart-public/@wcm/@hcm/documents/downloadable/ucm_305157.pdf



Resource...

- ◉ American Heart Association
- ◉ Center for Disease Control and Prevention
- ◉ National Heart, Lung, and Blood Institute

