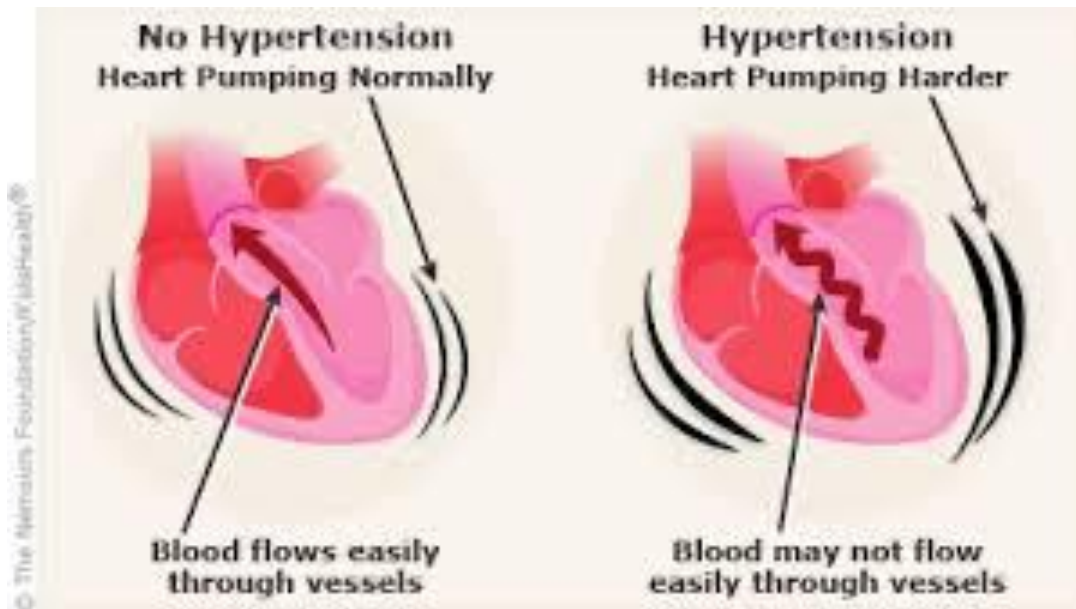


# Understanding Hypertension

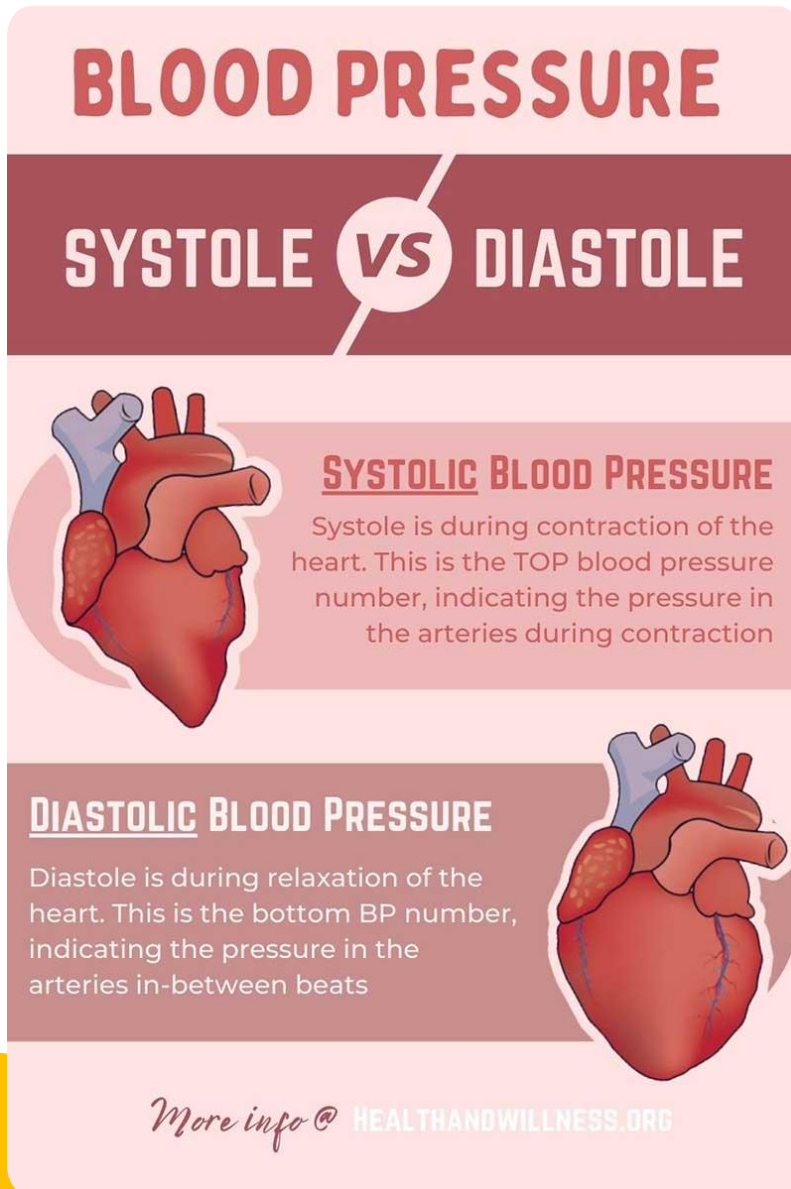
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# What is hypertension?



- Also known as elevated blood pressure.
- Is when blood pressure of blood pushing against the walls of the arteries and other parts of the body.
- Hypertension can be managed with lifestyle changes, medication, or a combination of both. It's essential to monitor and control blood pressure to reduce the risk of associated health complications



# Systolic vs diastolic

- The first number is called systolic it measure the pressure in your arteries when heart beats.
- Second number is diastolic measure pressure in your arteries when your heart rest between beats.

# Types of hypertension

- Primary hypertension- has no identifiable cause. They tend to develop gradually over the years due to plaque build up in the arteries due to arteriosclerosis.
- Secondary hypertension – elevated blood pressure to other health problems.
- White coat hypertension- in which a client blood pressure is a bit elevated in clinical settings.

BLOOD PRESSURE CATEGORY	SYSTOLIC mm Hg (upper number)	and/or	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
<u>HYPERTENSIVE CRISIS</u> (consult your doctor immediately)	HIGHER THAN 180	and/or	HIGHER THAN 120

# Risk factors for high blood pressure

- Other health conditions such as Diabetes.
- Unhealthy diet high sodium and low in potassium
- Obesity
- Excessive alcohol use
- Tobacco use
- Genetics and family history
- Age – as we age the blood pressure tend to increase
- Sex- women are more likely to have a higher due to hormones.
- Ethnicity-Black people develop high blood pressure more often than white people, Hispanics, Asians, Pacific Islanders, American Indians, or Alaska Natives do.



# Complications

- Heart disease
- Stroke
- Kidney disease presents as nocturia
- Vision problems



# Symptoms

Often silent or asymptomatic (no symptoms)

Elevated blood pressure during physical exam

(+) symptoms = vascular damage in organ involved

Severe hypertension

- Swollen optic discs aka papilledema
- Changes in vision or speech, dizziness, weakness, a sudden fall or paralysis on one side

# Diagnosis

## Blood pressure measurement

- Automatic or semiautomatic upper-arm electronic device with digital display of readings
- Use 2 BP readings on two separate occasions to confirm.

## Home monitoring

- More accurate

## Diagnostic tests

- Urinalysis
- 12-lead electrocardiogram



# Following a Healthy Diet

- DASH stands for Dietary Approaches to Stop Hypertension
- It is an healthy eating plan designed to help prevent or treat high blood pressure. It can also help to lower cholesterol linked to heart disease.
- This diet limits salt to 2,300 mg a day, this is relative to 1 teaspoon of table salt
- It is important to choose foods that are rich in potassium, calcium, magnesium, fiber, and protein. Low in saturated fats and salt
- Drinking too much alcohol can increase blood pressure
- Make sure to read food labels and choose low salt
- Choose fresh skinless poultry, fish and lean cuts of meat
- Eat less restaurant food. When eating in restaurants ask for dishes with less salt



# Medications

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Anti-hypertensives medicine, won't cure high blood pressure but they can help bring it back down to a normal range



The medicine prescribed to patients depends on how high the blood pressure is, what's causing it, how your body responds to the drugs, and other health problems the patient may have



Common medications include your diuretics, beta blockers, alpha blockers, and ace inhibitors



It can help keep your blood pressure levels at a healthy state therefore reducing the risk of heart disease, heart attack, and stroke





## Lifestyle changes

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Small lifestyle changes can make a big difference to your blood pressure:

- Eating a healthy diet following the DASH diet
- Losing weight, too much bulk around the midsection can increase your blood pressure
- Be active by exercising to lose weight. Aim to get at least 150 minutes of physical activity each week. Perform aerobic exercises such as walking, biking or swimming. This will allow your lungs and heart to work a little harder
- Ease stress as much as you can! Take time to relax and do the things that you love.
- Limit alcohol intake. If you are on blood pressure medication, alcohol can affect how well it can work.
- Quit Smoking, it raises your blood pressure that may end up causing a heart attack or stroke
- Pay attention to how much caffeine you are intaking as it can cause a short spike in your blood pressure
- Get enough sleep, it is an important way to keep your heart and blood vessels healthy





# Questions?



What is your favorite exercise to do?



How do you distract yourself from stress?



What is your favorite healthy meal?

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