

Controlling Hypertension

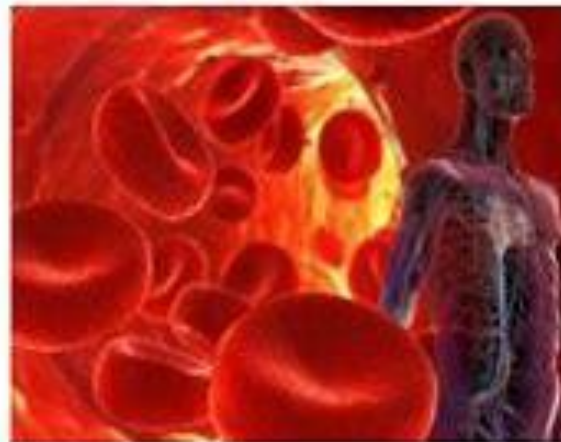
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What is Hypertension

What Is Hypertension?

- Hypertension, or high blood pressure, is a common condition that will catch up with most people who live into older age.
- When it's too high, it raises the heart's workload and can cause serious damage to the arteries.
- Over time, uncontrolled high blood pressure increases the risk of heart disease, stroke, and kidney disease.



What is Hypertension (high blood pressure)?

Blood Pressure Stages

Blood Pressure Category	Systolic mm Hg (upper #)		Diastolic mm Hg (lower #)
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 (Seek Emergency Care)	higher than 180	and/or	higher than 120

Source: American Heart Association

Why is it important to control or watch your blood pressure?

Why is it important to control blood pressure?

- Importance:
Blood pressure is a key factor for providing blood (thus oxygen and energy) to organs. SBP must be a minimum of 70 to sustain kidney filtration and adequate blood flow to the brain

Is it important to watch your blood pressure only if you are elderly?



Who is at Risk?

- The elderly
- African Americans
- Those with Diabetes
- Smokers
- Family History of Hypertension
- Those with an Inactive Lifestyle
- Stress

What is the best way to take your blood pressure?



- manual blood pressure cuff vs. electronic
- pharmacy blood pressure machine?
- Using the right size cuff



What do you think?

What is a normal blood pressure?

What are the symptoms of high or low blood pressure?

What does one blood pressure reading tell you?

Considerations

the white coat syndrome.

one reading vs. readings over a period of time.

What does your blood pressure tell you about your body and illnesses?

Illnesses that your blood pressure will tell you and your doctor about.

- Hypertension
- Kidney Disease
- Anxiety (the white coat syndrome)
- Heart Failure
- Bleeding
- Aneurysm
- Effects of medications
- Diabetes
- Obesity
- Stroke
- Pain

The Importance of Communicating with your Health Care Professional

Does your doctor tell you what your blood pressure is, or just say that it's "ok"?

Do you ask?

The importance of keeping track or keeping a record of your blood pressure.

What to tell your doctor about

- Dizziness
- lightheadedness
- falls
- Blurred vision
- feeling flushed (the flushing effects that niacin can cause)
- any sudden change in how you feel
- All the medications that you are taking, including over the counter medications and herbal remedies.
- What others tell you.

Treatment for High Blood Pressure

A. Medications

B. Diet and the controversy over low salt diets

C. Exercise

D. Reducing Stress

E. Quitting smoking

F. Limit or eliminate caffeine from your diet