

# Hypertension

1 in every 3 adults in the United States has high blood pressure, and nearly 20 percent don't even know they have it.

Hypertension is the pressure of blood pushing against the blood vessel walls. Pressure that is too high will cause your heart to work harder to pump blood out to the body. Without control, hypertension can result in serious health problems including:

- heart disease
- heart failure
- stroke
- kidney failure
- diabetes complications



## Why and how often should I have my blood pressure checked?

High blood pressure is often a **SILENT** disease.

- People ages **40 and older** should be screened **every year**.
- People ages **18 to 39** with normal blood pressure and no other risk factors should be screened again every **3 to 5 years**.

## What Is "Normal" Blood Pressure?

A blood pressure reading has a top number (systolic) and bottom number (diastolic).

The ranges are:



**Normal:**  
Less than 120 over 80 (120/80)

**Prehypertension:**  
120-139 over 80-89

**Stage 1 high blood pressure:**  
140-159 over 90-99

**Stage 2 high blood pressure:**  
160 and above over 100 and above

**High blood pressure in people over age 60:**  
150 and above over 90 and above

**People whose blood pressure is above the normal range should see their doctor.**

## What can I do?

To help prevent and control high blood pressure:

- Be physically active
- Maintain a healthy weight
- Limit alcohol intake
- Manage and cope with stress
- If you smoke, quit
- Get plenty of sleep



Make one change at a time. Then add another. By practicing healthy lifestyle habits, you are more likely to achieve and maintain healthy blood pressure.

## 10 recommendations from the MAYO Clinic:



1

**Lose extra pounds and watch your waistline.**

Men are at risk if their waist measurement is greater than 40 inches; women greater than 35 inches.



2

**Exercise regularly** – at least 30-60 minutes most days of the week.



3

**Eat a healthy diet** rich in whole grains, fruits, vegetables and low-fat dairy products, and low on saturated fat and cholesterol—also known as the DASH diet. (Dietary Approaches to Stop Hypertension)



4

**Reduce sodium in the diet**—a limit of 2,300 mg a day for people under age 51. 1,500 mg a day for people age 51 years and older.



5

**Limit alcoholic beverages** – generally one drink a day for women, or two a day for men.



6

**Don't smoke.**



7

**Cut back on caffeine.**



8

**Reduce stress** by taking breaks for deep-breathing exercises, getting a massage, or practicing yoga or meditation.



9

**Monitor blood pressure at home.**



10

**Get support from family and friends.**

taken from:

<http://www.mayoclinic.org/diseases-conditions/high-blood-pressure/in-depth/high-blood-pressure/art-20046974>

## Description of the DASH eating plan

- Eat vegetables, fruits, and whole grains.
- Include:
  - fat-free/low-fat dairy products
  - fish
  - poultry
  - beans
  - nuts
- Limit:
  - fatty meats
  - full-fat dairy products
  - oils
- Limit sugar-sweetened drinks and sweets.

The following table shows examples of daily and weekly servings that meet DASH eating plan targets for a 2,000-calorie-a-day diet.

Food Group	Daily Servings
Grains	6–8
Meats, poultry, and fish	6 or less
Vegetables	4–5
Fruit	4–5
Low-fat or fat-free dairy products	2–3
Fats and oils	2–3
Sodium	2,300 mg*

### Weekly Servings

Nuts, seeds, dry beans, and peas – 4–5

Sweets – 5 or less

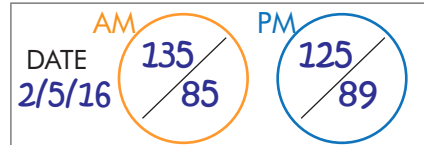
\*1,500 milligrams (mg) sodium lowers blood pressure even further than 2,300 mg sodium daily.

<https://www.nhlbi.nih.gov/health/health-topics/topics/dash>



# Chart Your Blood Pressure Readings

## SAMPLE READING



## Things to Remember

1. Visit your doctor regularly.
2. Take your medicine as prescribed.
3. Check your blood pressure morning & night.
4. Make small lifestyle changes.

### WEEK 1

DATE AM PM

DATE AM PM

DATE AM PM

DATE AM PM

DATE AM PM

DATE AM PM

DATE AM PM

### WEEK 2

DATE AM PM

DATE AM PM

DATE AM PM

DATE AM PM

DATE AM PM

DATE AM PM

DATE AM PM

### WEEK 3

DATE AM PM

DATE AM PM

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### WEEK 4

DATE AM PM

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