



HYPERTENSION: What You Should Know

Q: WHAT IS BLOOD PRESSURE?

A: Blood pressure is a measure of how hard the blood pushes against the walls of your arteries as it moves through your body.

Q: WHAT IS HIGH BLOOD PRESSURE?

A: While it is normal for blood pressure to go up and down throughout the day, if it stays up, you have high blood pressure. Another name for high blood pressure is hypertension.

Q: WHAT IS WRONG WITH HAVING HIGH BLOOD PRESSURE?

A: When blood pressure is high, it starts to damage the blood vessels, heart, kidneys, and eyes. This can lead to heart attacks, strokes, blindness, kidney failure requiring dialysis, and premature death (shorter life span).

Q: HOW WILL I KNOW IF I HAVE HIGH BLOOD PRESSURE?

A: High blood pressure is called a "silent killer," because it doesn't usually cause symptoms while it is causing damage. You need to have your blood pressure checked by your medical team. Your blood pressure consists of two numbers: **SYSTOLIC AND DIASTOLIC**

NORMAL BLOOD PRESSURE

CATEGORY	SYSTOLIC The systolic number shows how hard the blood pushes when the heart is pumping.	DIASTOLIC The diastolic number shows how hard the blood pushes between heart beats.
NORMAL	LESS THAN 120	AND LESS THAN 80
PRE-HYPERTENSION	120-139	OR 80-89

HIGH BLOOD PRESSURE

STAGE 1 HYPERTENSION	140-159	OR 90-99
STAGE 2 HYPERTENSION	EQUAL TO OR MORE THAN 160	OR EQUAL TO OR MORE THAN 100

HOW IS HIGH BLOOD PRESSURE TREATED?

REDUCE SALT AND SODIUM IN YOUR DIET- Don't add salt to your food. Try to avoid foods with added salt, especially items from the canteen like salted nuts or chips.

MAINTAIN A HEALTHY WEIGHT-Being overweight increases your risk of developing high blood pressure and makes it harder to treat. Losing even 10 pounds can lower blood pressure.

PHYSICAL ACTIVITY- Being physically active is one of the most important steps you can take to prevent or control high blood pressure.

MEDICATIONS- THERE ARE MANY VARIETIES OF BLOOD PRESSURE-LOWERING MEDICATIONS. THE MOST COMMON ONES ARE:

DIURETICS: Diuretics are sometimes called "water pills" because they work in the kidney and flush excess water and sodium from the body which lowers the blood pressure. These are among the best medicines and are often used as the first medication.

BETA-BLOCKERS: Beta-blockers reduce nerve impulses to the heart and blood vessels. This makes the heart beat slower and with less force. Blood pressure drops and the heart works less hard.

ACE INHIBITORS: This is often the first choice of blood pressure-lowering medication if you are diabetic. Angiotensin converting enzyme (ACE) inhibitors cause the blood vessels to relax and blood pressure goes down.

ANGIOTENSIN ANTAGONISTS: Angiotensin antagonists also allow the vessels become wider and blood pressure goes down.

CALCIUM CHANNEL BLOCKERS (CCBs):CCBs keep calcium from entering the muscle cells of the heart and blood vessels. This causes the blood vessels to relax and pressure goes down.

HYPERTENSION: What You Should Do

WHAT YOU AND YOUR HEALTHCARE TEAM WILL FOLLOW:	HOW WILL YOU HELP YOURSELF?
 <p>My Blood Pressure: _____ / _____</p> <p>My Blood Pressure Goal: _____ / _____</p> <p>Is my Blood Pressure under control? Yes / No</p>	<p>TIPS FOR HAVING YOUR BLOOD PRESSURE TAKEN:</p> <ul style="list-style-type: none"> ✓ Don't drink coffee or smoke cigarettes 30 minutes before having your blood pressure measured. ✓ Before the test, sit for five minutes with your back supported and your feet flat on the ground. Rest your arm on a table at the level of your heart. ✓ Wear short sleeves so your arm is exposed. ✓ Go to the bathroom prior to the reading. A full bladder can change your blood pressure reading. ✓ Get two readings, taken at least two minutes apart, and average the results. ✓ Ask the doctor or nurse to tell you the blood pressure reading in numbers.
 <p>Weight _____ lbs</p> <p>BMI _____</p> <p>Is this a healthy weight for me? Yes / No</p>	
 <p>Is it safe for me to start doing regular physical activity?</p> <p>Yes / No</p>	
YOUR MEDICATION	TIPS TO HELP YOU REMEMBER TO TAKE YOUR BLOOD PRESSURE MEDICATIONS
<p>What is the name of my blood pressure medication?</p>  <p>What are the possible side effects of my medication?</p> <p>Are there any foods, beverages or dietary supplements I should avoid when taking this medicine?</p> <p>What should I do if I forget to take my blood pressure medicine at the recommended time? Should I take it as soon as I remember or should I wait until the next dosage is due?</p>	<ul style="list-style-type: none"> • Take your medications at the same time every day. Try to link it with something else that you do regularly, like brushing your teeth. If you were told to take your pills with food, try taking them at the same time as you have your meal every day. • Try keeping a chart or calendar to write down when you take your medication. This is especially helpful if you take more than one medication. • Each time you pick up a refill, make a note on your calendar to order and pick up the next refill one week before the medicine is due to run out. Remember to pick up your prescription every month.