



WHAT IS HIGH BLOOD PRESSURE?

High blood pressure or hypertension is when the blood pressure, the force of your blood pushing against the walls of the blood vessels, is consistently too high which will eventually damage the walls of the blood vessels (arteries). The primary way that high blood pressure causes harm is by increasing the workload of the heart and blood vessels - making them work harder and less efficiently.

Over time, the force and friction of high blood pressure damages the delicate tissues inside the arteries and major organs like the kidney, brain and eyes.



WHAT BP IS RIGHT FOR YOU?

Aim to reduce BP by at least 20/10 mmHg but ideally and if tolerated less than 140/90 mmHg for those less than 65 years or older

Hypertension can be treated. Medications will be prescribed by your doctor if needed

RISK FACTORS FOR HIGH BLOOD PRESSURE



Family History



Poor diet



Obesity



Sedentary lifestyle



Diabetes



DIAGNOSIS OF HYPERTENSION

Hypertension in office/clinic BP is systolic 140 mmHg or higher, or diastolic 90 mmHg or higher on 2-3 office visits.

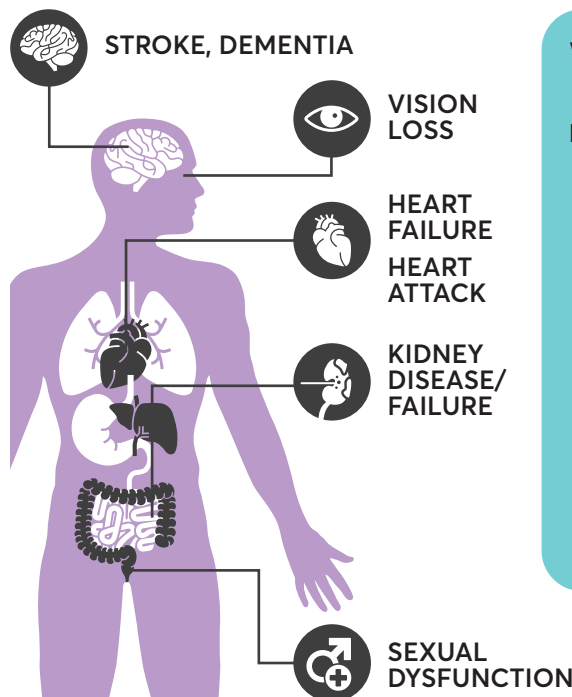
Home BP 135/85mmHg or higher based on the average of 3-7 days of duplicate morning and evening BP readings.

Normal blood pressure is lower than 130/85 mmHg.

It is essential that your BP is measured correctly by a qualified professional. It is a good idea to monitor your BP at home but make sure that the measurements are correct and your monitor is reliable.

Screening is important High BP is a silent disease. One may not feel that anything is wrong, but high blood pressure could be quietly causing damage that can threaten an individual's health. The best prevention is knowing one's blood pressure and making changes that matter in order to prevent and manage high blood pressure.

AFFECTS ± 4/10 PEOPLE WORLDWIDE



WHAT CAN YOU DO?

LIFESTYLE MODIFICATION



Optimal weight



Eat healthily



Avoid salt



Exercise regularly



Take your medications