



WHAT ARE THE SYMPTOMS OF HIGH BLOOD PRESSURE?



Silent disease usually with no symptoms.



May have vague headaches (occipital), nervousness, dizziness, nose bleed or shortness of breath (not specific)



HOW OFTEN SHOULD YOU GET YOUR BLOOD PRESSURE CHECKED?



Routine BP checkup once every 3yr for adults (>18yo)



Every year if BP >130/85 mmHg or risk factors For heart disease

WHAT ARE THE RISK FACTORS FOR HIGH BLOOD PRESSURE?



Age



Excessive alcohol consumption or use of certain illicit or stimulant drugs



Ethnicity



Too much salt or too little potassium in your diet



Family history of hypertension



Stress



Overweight or Obesity



Physical inactivity



Chronic conditions: diabetes, kidney disease or sleep apnea



Smoking