

Live Healthy and Be Active with TakeCare



Hypertension

Blood pressure is the force of blood pushing through the artery walls as the heart pumps. If this pressure rises and stays high over time, it can lead to High Blood Pressure.

High blood pressure, or **Hypertension**, can cause damage to the heart, brain, kidneys and eyes. With high blood pressure, the entire circulatory system is affected as it becomes increasingly difficult for the blood to travel from the heart to the major organs.

High blood pressure puts you at risk for heart disease, diabetes, and kidney disease. Some of the common risk factors include:

- Age
- Race or Ethnicity
- Family History
- High Sodium Intake
- Lack of Physical Activity
- Obesity
- Excessive Alcohol Consumption
- Smoking

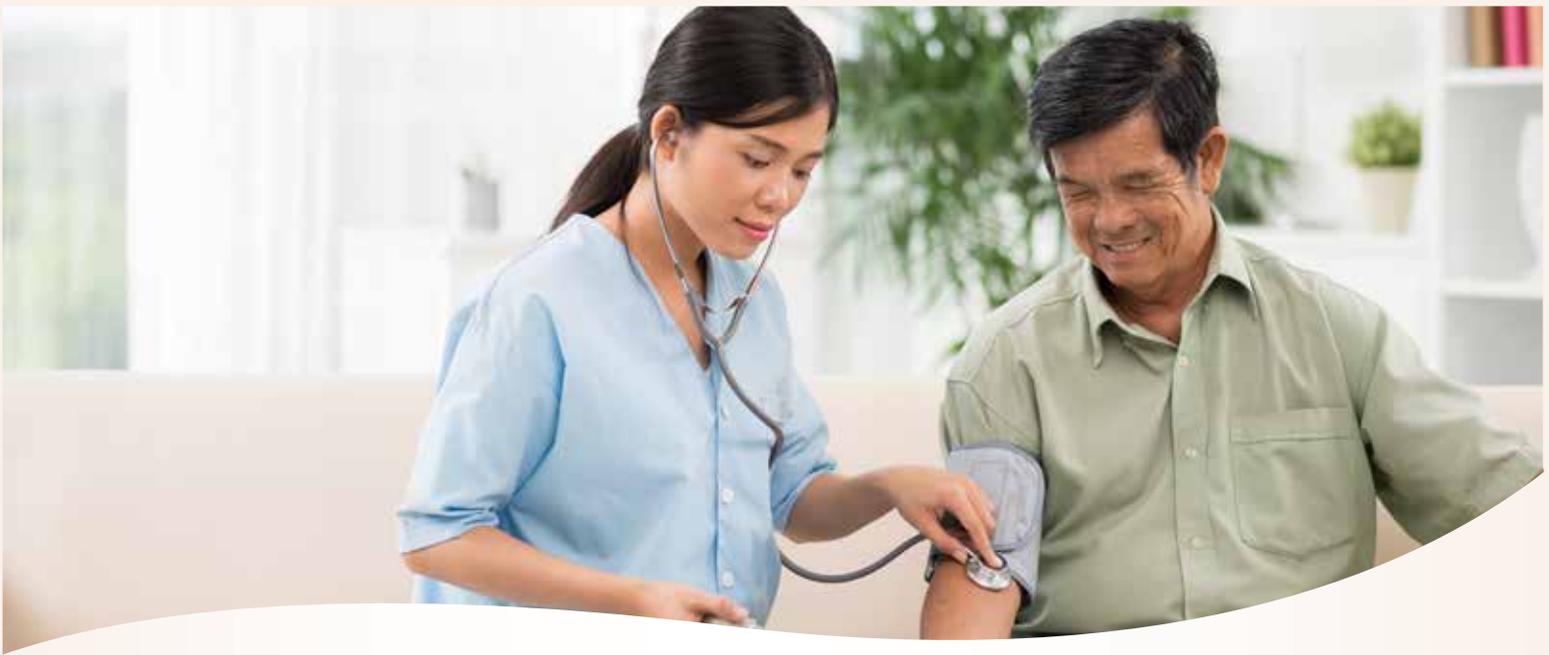
Effects of Uncontrolled High Blood Pressure

High blood pressure is known as the “Silent Killer” because it doesn’t have any symptoms, but it does increase your chances of stroke, heart attack, kidney failure, eye problems and even death. It is important to check your blood pressure even when you’re feeling fine.

Categories/Stages of High Blood Pressure

Blood pressure is measured as systolic and diastolic pressure.

- “Systolic” (top number) refers to blood pressure when the heart beats while pumping blood.
- “Diastolic” (bottom number) refers to blood pressure when the heart is at rest between beats.



Blood Pressure Category	Systolic mm Hg (upper #)	and	Diastolic mm Hg (lower #)
Normal	less than 120	and	less than 80
Elevated	120-129	or	80
High Blood Pressure Stage 1	130-139	or	80-89
High Blood Pressure Stage 2	140	or	90
Hypertensive Crisis (Emergency Care Needed)	>180	or	> 120

Take action to prevent High blood pressure!

Use the TakeCare formula to stay healthy and avoid High Blood Pressure:

- **Get Checked.** Have your blood pressure checked at least once a year or on a regular basis.
- **Add Variety.** Try eating more fruits and vegetables instead of salty snacks.
- **Reduce salt.** Choose fewer canned and processed foods like hotdogs, noodles and Spam.
- **Multiply the minutes.** Be physically active for at least 30 minutes on most days of the week.
- **Divide the dangers.** With every sip of alcohol and /or puff or chew of tobacco, you are essentially cutting away time from your life span.

If you have questions or concerns, talk to your Doctor or FHP Health Care provider. Call 646-5825 and press 2 to schedule your appointment.

The TakeCare Wellness Team has made this pamphlet available to help you understand information about your health. This pamphlet includes general wellness and health information and is not meant to replace the advice of your doctor or healthcare provider. If you are under medical care and have concerns, always follow your doctor's recommendations.

For more information about your health, ask your health care provider.

References

High Blood Pressure. (2014, July 7). Retrieved from <http://www.cdc.gov/bloodpressure/about.htm>

Jahn, M. (2012). Actively Involved The Best Care is Self-Care. What is High Blood Pressure?, (3), 3-4