

HIGH BLOOD PRESSURE

THE BASICS

- ♥ "Hypertension" is the medical term for high blood pressure.
- ♥ Blood pressure is measured as two numbers, for example, "120 over 70" or "120/70." The "120" is the "systolic" pressure and "70" is the "diastolic" pressure.
- ♥ If your blood pressure is above 140/90 on a regular basis then you have high blood pressure. A blood pressure less than 130/80 is desirable in patients with diabetes, kidney disease, or heart disease.
- ♥ Uncontrolled high blood pressure can lead to heart failure, heart attack, kidney failure, and stroke.
- ♥ You usually can't tell if you have high blood pressure unless your blood pressure is measured. It is important to have your pressure checked from time to time.

WHO IS AT RISK FOR HIGH BLOOD PRESSURE?

- ♥ Nearly a quarter of American adults suffer from high blood pressure.
- ♥ Risk factors for high blood pressure include:
 - Being overweight
 - Eating too much salt
 - Drinking too much alcohol
 - Being physically inactive
 - Being of African-American descent
 - Being middle aged or beyond
 - Having a family history of high blood pressure

HOW TO CONTROL HIGH BLOOD PRESSURE

- ♥ Lose weight, even five pounds helps.
- ♥ Eat less salt.
- ♥ Limit or eliminate your alcohol intake.
- ♥ Become more physically active. We recommend a daily walking program.
- ♥ Take blood pressure medications regularly as directed.
- ♥ Medications can often be limited or avoided if you make the lifestyle changes listed above.

We are pleased to answer your questions or discuss your condition with other health care professionals.