

High Blood Pressure

Blood pressure which is higher than normal

What is it?

High blood pressure occurs when pressure in your blood vessels is higher than what it needs to be.

What is considered high blood pressure?

A blood pressure above 140/90 is considered high.

What are the factors that influence blood pressure?

Stiff blood vessels (Atherosclerosis)

Blood vessels narrow as we age, and this can make the blood pressure higher. Smoking and diabetes can make this happen earlier in life.

Too much salt

When we eat salt, water follows. If you consume too much salt, there is an increase in the amount of fluid (blood) in blood vessels and this increases the pressure

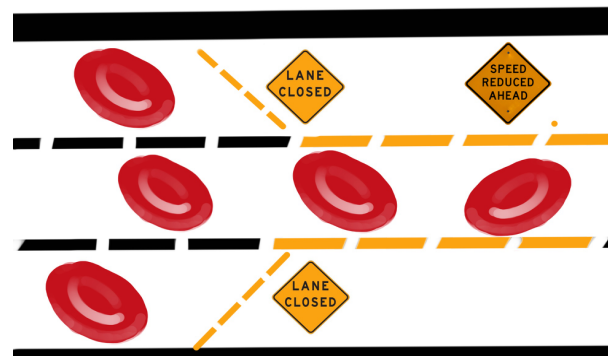
Other conditions can increase blood pressure, but these two factors above are the most common reasons that blood pressure can become increased.

What will it do to me?

When high blood pressure first develops OR if it is not well controlled, you may be at risk for:

1. Heart Attack
2. Stroke
3. Kidney disease
4. Vision loss
5. Pain in the legs while walking
6. Dementia

In each of these conditions, blood vessels become narrow as a result of high blood pressure that is untreated or not treated completely. Normally blood flows easily like traffic in 3 lanes. High blood pressure causes narrowing that is similar to traffic lanes under construction. This narrowing slows the flow of red blood cells and can lead to heart attacks and strokes.



What can I do?

High blood pressure can be improved by:

- Regular exercise (30 minutes, five times per week)
- A Mediterranean diet
- Reducing the amount of salt in your diet.

In addition to exercise and limiting your salt intake, your doctor may also prescribe medications to improve your heart function:

1.ACE Inhibitors or ARB

Help manage blood pressure and improve heart function.

2.Calcium Channel Blockers

Help blood vessels relax and become less narrow to reduce blood pressure. .

3.Diuretics (water pills)

Help to control symptoms by controlling salt and water levels in the body.

Still have questions? Ask us @ teachandlearnfm.com

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Patient-doctor learning area: Use this area to write down questions for your doctor or use it as a space for your doctor to answer your questions.



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