



**Nurse Next Door®**  
*home care services*

**An Important Conversation About Hypertension**

PRESENTED BY **NURSE NEXT DOOR** – YOUR PREMIUM HOME HEALTH PARTNER

## WHAT IS HYPERTENSION?

It is high blood pressure in your arteries

It is often called the 'silent killer' because it can go unnoticed



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# HYPERTENSION TODAY



- Globally, about 1.56 billion adults are affected in 2025 (World Health Org.)
- In the U.S., 31% of adults have hypertension higher cases in older adults
- From August 2021-August 2023 Hypertension prevalence in adults aged 18 and older was 47.7% and was higher in men (50.8%) than women (44.6%) (Figure 1, Table 1 in next slide ).

# WHY IT MATTERS

- Hypertension can lead to heart attacks, heart failure, strokes, kidney problems and other health issues.
- Hypertension damages blood vessels over time.



Angina pectoris



Stroke



Hypertrophy and heart failure



Myocardial infarction



Peripheral arterial disease of the legs



Renal insufficiency



Retinopathy

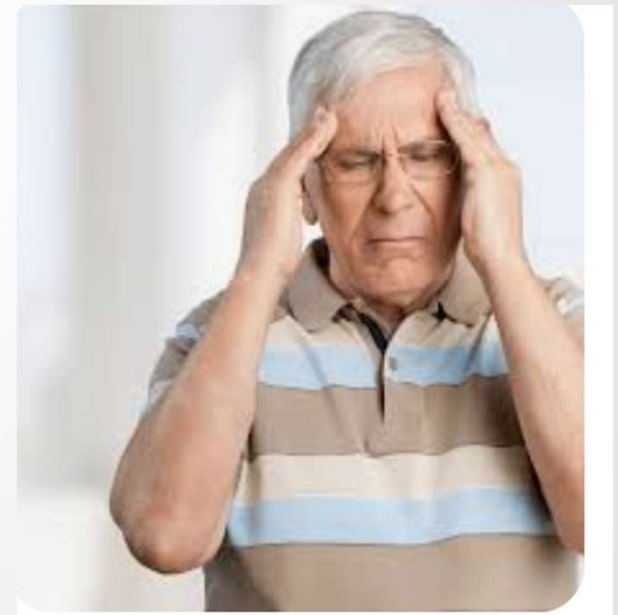
# WHAT CAUSES HIGH BLOOD PRESSURE?

- Age, family history, stress, salty diet, tobacco/cigarette smoking, lack of exercise.
- Sometimes no clear cause (primary) or due to another condition (secondary).



## WHAT DOES IT FEEL LIKE?

- Hypertension often has no symptoms (silent killer)
- Some symptoms possible: Headaches, dizziness, chest pain, blurred vision.



## HOW DO I KNOW IF I HAVE HYPERTENSION?

- Repeated blood pressure readings  $\geq 140/90$  mmHg.
- You should check regularly at home or doctor's office and keep a record for your doctor or practitioner.





## HOW DO I MANAGE HYPERTENSION

- Lifestyle changes: Diet (DASH) exercise, stress reduction, sodium intake less than 2000 mg daily Salt
- Medications: Start low, adjust as needed, take as directed.







# SIMPLE STEPS FOR BETTER HEALTH

- DASH Diet: More fruits, veggies, low-fat dairy
- Exercise 30 minutes most days
- Cut back on salt and stress



# MEDICATIONS 101

- Common types: ACE inhibitors, beta-blockers, calcium channel blockers, diuretics.
- Take as prescribed, watch for side effects, you may require multiple medications to adequately treat your blood pressure

A close-up photograph of a doctor's hand, wearing a white lab coat and a stethoscope, placing the stethoscope's chest piece on a patient's arm. The patient's arm is resting on a surface. The background is blurred, showing a clinical setting.

What is the  
difference between  
**HYPERTENSION**  
and  
**HIGH BLOOD  
PRESSURE?**



A healthcare professional, likely a nurse, is shown in a home setting, wearing a pink uniform and a white long-sleeved shirt. She is smiling and assisting an elderly woman who is lying in a bed. The woman is wearing a white nightgown with a black star pattern. The nurse is holding a blood pressure cuff on the woman's arm. The background shows a bedroom with a tufted headboard, a lamp, and some personal items on a table.

## WE'RE HERE TO HELP YOU MONITOR

- Regular checks with a home blood pressure monitor.
- Nurse Next Door can visit or train you or a family member
- Keep a record of your blood pressure readings and check your blood pressure at different times of the day

What diet changes can you make today that will reduce your blood pressure or risk of developing high blood pressure ?

- a. Enjoy a diet high in Doritos , movie popcorn and TV dinners.
- b. Eat more doughnuts
- c. DASH diet high in fruits and vegetables

When reading labels and looking at sodium content the amount of sodium I should consume in 1 day is

- a. 6000 milligrams daily
- b. Less than 2000 milligrams daily
- c. Less than 500 milligrams daily

What are the signs and symptoms of high blood pressure?

- a. There may be no signs and symptoms
- b. A rash on the forearms
- c. None of the above

If high blood pressure is not managed it can cause serious issues like

- a. Heart Failure
- b. Kidney Problems
- c. Heart attack
- d. Stroke
- e. Atherosclerosis (hardening of arteries)
- f. Aneurysms
- g. All of the above
- h. Only a.

These things can help manage my hypertension:

- a. Using a DASH eating plan
- b. Taking medication as prescribed by my practitioner.
- c. Getting 30 min of exercise most days of the week
- d. Managing stress through quiet time, enjoying hobbies, practicing yoga or meditation
- e. All of the above





Ask us more about managing  
hypertension



Contact Nurse Next Door for more  
help  
817-717-2773



Check out our website  
<https://www.nursenextdoor.com/location/weatherford-tx>

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ANY  
QUESTIONS?  
WE'RE HERE!



# Nurse Next Door

Home Care Services

Services offered:

## Home Care

- Light Housekeeping
- Meal Prep
- Activities of Daily Living
- Medication Reminders

## Skilled Services

- Physical Therapy
- Occupational Therapy
- Nursing Service
- CNA's



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CHAMBER  
Member since 2022





THANK YOU FOR YOUR SERVICE!

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NURSE NEXT DOOR IS HONORED TO BE A VETERAN  
PROVIDER.