



THE WELLNESS WATCH



Quick Insights: Wellness News in a Glimpse

The Wellness Watch is a monthly feature dedicated to raising awareness about chronic diseases and the impact they have on individuals, families, and communities. Each edition highlights a different condition, offering insight, support, and practical knowledge to encourage healthier lifestyles and stronger awareness.

While Hard Hat Headlines is rooted in the mining community, The Wellness Watch extends beyond the industry to remind us all that health is our most valuable resource.

Risk Factors

Several factors can increase the chance of developing high blood pressure:

- Lifestyle-related: Poor diet (high in salt and processed foods), lack of exercise, smoking, excessive alcohol.
- Health-related: Obesity, diabetes, high cholesterol, and sleep apnea.

Non-modifiable: Age, family history, and race (African Americans are at higher risk).

Signs and Symptoms

Most people don't feel any symptoms. When signs do occur, they may include:

- Severe headache
- Blurred vision
- Chest pain
- Shortness of breath
- Nosebleeds

(These symptoms usually appear in cases of dangerously high blood pressure, known as a hypertensive crisis.)

In Focus: High Blood Pressure

What Is High Blood Pressure?

High blood pressure, also called hypertension, happens when the force of blood pushing against the walls of your arteries is consistently too high. Over time, this added pressure puts stress on the heart and blood vessels, increasing the risk of heart disease, stroke, and kidney damage.



Why it Matters?

Hypertension is often called the "silent killer" because it usually has no symptoms until significant damage is done. Left uncontrolled, it can lead to:

- Heart attack and heart failure
- Stroke
- Kidney disease
- Vision loss
- Cognitive decline



Prevention and Management

The good news is hypertension can often be prevented or controlled with healthy choices:

- Eat smart: Follow a balanced diet such as the DASH (Dietary Approaches to Stop Hypertension) plan.
- Stay active: Aim for at least 150 minutes of moderate activity per week.
- Limit sodium: Keep salt intake low (ideally under 1,500–2,300 mg per day).
- Maintain a healthy weight.
- Avoid smoking and limit alcohol.
- Manage stress: Practice relaxation and sleep hygiene.
- Check blood pressure regularly.

For additional information visit:



www.heart.org