

What Is Hypertension ?



What Is Blood Pressure?

- Blood moves through the body in blood vessels called arteries and veins.
- Blood pressure is the amount of pressure inside the arteries when the heart beats.

What Is Good Blood Pressure ?

- Normal blood pressure for most people is less than 120/80 however we tend to tolerate higher pressure after the age of 60.
- High blood pressure is called hypertension (HTN).
- Ask your doctor at every visit what your blood pressure goal is, it can change with time ?.
- It is important to know your blood pressure. You may have high blood pressure and not know it. High blood pressure is often called “the silent killer.” because it can go undetected for a long period of time and leads to death.

Why Is High Blood Pressure Dangerous ?

High blood pressure can cause:

- Heart attack, congestive Heart Failure, Atrial fibrillation and other heart issues



- Stroke



- Kidney problems



- Problems with your eyes



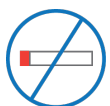
What Causes Hypertension ?

- High blood pressure can be hereditary
- It can also be caused by metabolic syndrome, diabetes, kidney disease, heart disease or age or other rare causes.



Prevention And Treatment

HEALTHY



Stop smoke



Exercise 5-7 times a week



Healthy weight



Healthy diet



Don't drink too much alcohol



Control stress and anger



Get enough sleep



See your doctor



Take medicine, if needed

UNHEALTHY



Smoking



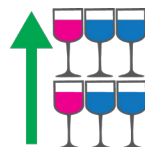
Sedentary life



Obesity



Poor diet



Alcohol Abuse



Uncontrolled stress and anger



Not enough sleep



Not keeping follow-up appointments