

HIGH BLOOD PRESSURE

UNDERSTANDING AND MANAGING YOUR BLOOD PRESSURE



**BLOOD PRESSURE
EFFECTS MORE
THAN 1 IN EVERY 3
AUSTRALIAN OVER THE
AGE OF 18**

What is high blood pressure?

It is the pressure of your blood on the walls of your arteries as your heart pumps it around your body.

Your blood pressure will go up and down naturally throughout the day depending on what you are doing, especially if you are doing exercise.

What it means to have high blood pressure

This is when your blood pressure is permanently higher than normal.

High blood pressure is one of the main risk factors for heart disease, heart attacks and strokes.

What causes high blood pressure

There is no one specific cause of high blood pressure, but there are a number of things that can increase your chances of developing it, including:

- 1- Family history
- 2- Eating patterns (salty foods)
- 3- Alcohol & Smoking
- 4- Weight
- 5- Physical activity & exercise level

Your BP can also go up temporarily due to stress, emotional state, caffeine and physical activity.



Treatments



1- Schedule regular check-ups with your doctor to make sure you're keeping your blood pressure under control

2- Healthy lifestyle



3- Eat a heart healthy diet. Eating a varied diet of healthy foods can help with your weight, blood pressure and cholesterol.

4- Manage your diabetes

5- Take regular medication to lower your blood pressure



What is a healthy or 'normal' blood pressure

Your doctor will tell you what your ideal blood pressure should be, based on your medical history.

A normal blood pressure reading would be:

Systolic blood pressure under 120 mm Hg

Diastolic blood pressure under 80mm Hg



The systolic is the amount of pressure in your arteries when your heart muscle contracts.

The diastolic is your blood pressure when your heart muscle is between beats.

PULSE CARDIAC CARE

DR UDAYA PONANGI

Ph: 07 4766 8381