

# OPTIMA NEWS

## Optima Home Health Care LLC

### Healthy Diet

Adopt a heart-healthy diet that includes: Plenty of fruits and vegetables, Whole grains, Lean proteins (e.g., fish, chicken, beans, lentils) Low-fat dairy products, Limited sodium (salt) intake

### Regular Physical Activity

Engage in regular aerobic exercises, such as brisk walking, cycling, swimming, or dancing, for at least 150 minutes per week. Additionally, include muscle-strengthening activities on two or more days per week.

### Weight Management

If you are overweight, losing even a small amount of weight can significantly lower your blood pressure.

### Limit Alcohol

If you drink alcohol, do so in moderation.



## What is Hypertension

Hypertension occurs when the force of blood against the walls of your arteries is consistently too high. Blood pressure is measured in millimeters of mercury (mmHg) and is recorded as two numbers: Systolic Pressure: The higher number represents the pressure in your arteries when your heart beats and pumps blood into the arteries. Diastolic Pressure: The lower number represents the pressure in your arteries when your heart is at rest between beats. A normal blood pressure reading is usually around 120/80 mmHg. Hypertension is diagnosed when your blood pressure consistently measures 130/80 mmHg or higher.



## Medical Treatment

In addition to lifestyle changes, your healthcare provider may prescribe medications to help manage your blood pressure. It is essential to take your medications as directed and to keep regular appointments with your healthcare team for blood pressure monitoring and medication adjustments if needed.

## Monitoring Blood Pressure at Home

Your healthcare provider may recommend monitoring your blood pressure at home regularly. This can help you and your healthcare team track your progress and make more informed treatment decisions.

## Measuring Blood Pressure at Home

Use a reliable blood pressure monitor. Sit quietly and rest for 5 minutes before taking your reading. Follow the instructions on your blood pressure monitor for accurate measurements. Keep a record of your readings, including the date and time.

## When to Seek Medical Attention

If you experience any of the following symptoms, seek immediate medical attention: Severe headaches, Chest pain, Shortness of breath, Vision changes, Severe dizziness or fainting.

## *The Importance of Managing Hypertension*

Controlling hypertension is crucial because uncontrolled high blood pressure can lead to serious health complications, including:

**Heart Disease:** High blood pressure puts extra strain on the heart, increasing the risk of heart attacks, heart failure, and other cardiovascular issues.

**Stroke:** Hypertension can damage blood vessels and increase the risk of stroke, a condition where blood flow to the brain is blocked or reduced.

**Kidney Damage:** The kidneys play a vital role in filtering waste from the blood. Uncontrolled hypertension can damage the blood vessels in the kidneys, leading to kidney disease or even kidney failure.

**Vision Problems:** High blood pressure can cause damage to the blood vessels in the eyes, potentially leading to vision problems or vision loss.

**Peripheral Artery Disease:** Hypertension can narrow and damage blood vessels in the legs, leading to reduced blood flow and increased risk of leg pain and non-healing wounds.

