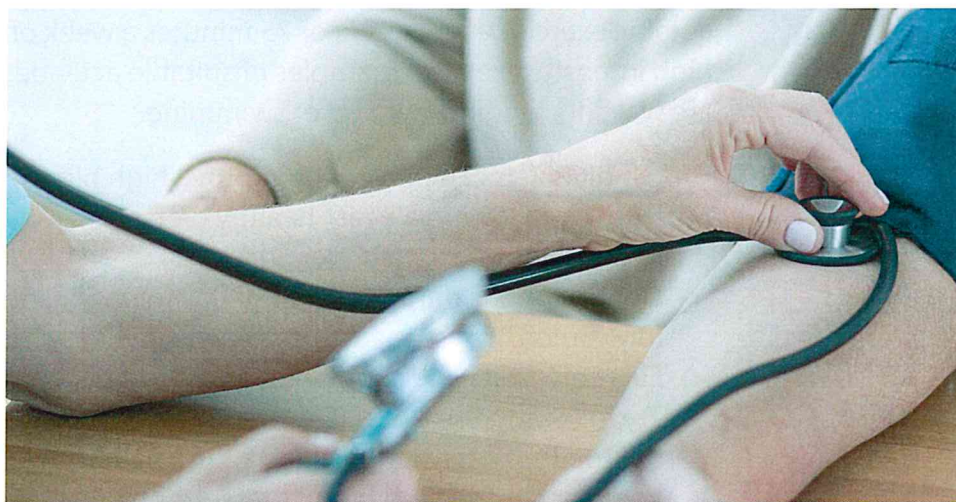


HIGH BLOOD PRESSURE



OVERVIEW

Almost half of all adults in the United States have high blood pressure, but many are not aware of this fact. You can have high blood pressure, also referred to as hypertension, for years without any symptoms, and that's why it's sometimes referred to as the "silent killer." Without detection, hypertension can damage the heart, blood vessels, and other organs such as your kidneys. It is therefore vital to check your blood pressure regularly.

RISK FACTORS

Hypertension is a primary risk factor for cardiovascular disease including stroke, heart attack, heart failure, and aneurysm. Other contributing factors include:

Age: Hypertension is more common in people who are more than 60 years of age. Blood pressure can increase steadily with age as the arteries stiffen and narrow due to plaque build-up.

Ethnicity: African-Americans have a higher risk than other ethnic groups.

Size and Weight: Being overweight or obese is a primary risk factor.

Alcohol and Tobacco Use: Regularly consuming large quantities of alcohol or tobacco can increase blood pressure.

Gender: Males have a higher risk of developing hypertension than females. However, this is only until after women reach menopause.

Existing Health Conditions: Cardiovascular disease, diabetes, chronic kidney disease, and high cholesterol levels can lead to hypertension, especially as people age.

Other Risk Factors: Sedentary lifestyle, high salt and high fat diet, stress, and family history of hypertension.

Coming This Month:

Does it Affect Your Blood Pressure?
..... September 12th

How High Blood Pressure Affects Your Body
..... September 19th

Low Sodium Diet
..... September 26th

Quarterly Education:

Metabolic Syndrome
..... September

For assistance with a diagnosis, or adopting a healthy lifestyle, contact **ConnectCare3** by calling **877-223-2350** or by emailing us at **info@connectcare3.com**

For more information about ConnectCare3 visit our website, **www.connectcare3.com**



The American Heart Association (AHA) issued new guidelines in November 2017 that define hypertension as blood pressure that is consistently higher than 130 over 80. The systolic reading of 130 refers to the pressure as the heart pumps blood around the body. The diastolic reading of 80 refers to the pressure as the heart relaxes and refills with blood. The AHA guidelines define the following ranges of blood pressure:

Blood Pressure Category	Systolic mm Hg (Top Number)		Diastolic mm Hg (Lower Number)
Normal	less than 120	and	less than 80
Elevated	120 – 129	and	less than 80
High Blood Pressure (Hypertension) Stage 1	130 -139	or	80 - 89
High Blood Pressure (Hypertension) Stage 2	140 or higher	or	90 or higher
Hypertensive Crisis (Emergency care needed)	Higher than 180	and/or	Higher than 120

Having high blood pressure for a short time can be a normal response to some situations. Acute stress and intense exercise, for example, can briefly elevate blood pressure in an otherwise healthy person. White Coat Syndrome is the name given to a disorder in which a person develops high blood pressure when they are around doctors, who often wear white coats.

QUICK FACT

Did you know that sodium intake can increase your risk for high blood pressure? Below are some tips to reduce your sodium intake.

- Ditch the salt shaker! When cooking, add sodium free seasoning blends, herbs, spices, and citrus juices to replace the salt.
- Choose fresh foods as often as you can. Limit processed and packaged foods.
- Limit sauces, mixes and instant products.
- When dining out, ask that no salt be added to your meal, steer clear of soups and sauces, and reduce your portion size.
- Rinse canned foods containing sodium.

MANAGEMENT & TREATMENT

Physical Exercise: Current guidelines recommend that all people, including those with hypertension, engage in at least 150 minutes of moderate intensity, aerobic exercise every week, or 75 minutes a week of high intensity exercise. Examples of suitable activities are walking, jogging, cycling, or swimming.

Diet: Individuals can prevent or improve high blood pressure by following a heart-healthy diet:

- Reduce salt intake to under 5g a day.
- Limit alcoholic drinks to two per day for men, one for women.
- Eat more fruits and vegetables and less fat.
- Try following the DASH (Dietary Approaches to Stop Hypertension) diet, an eating plan to lower or control high blood pressure. The diet emphasizes foods that are lower in sodium as well as foods that are rich in potassium, magnesium, and calcium (nutrients that help lower blood pressure).

Stress Reduction: Avoiding or learning to manage stress can help a person control blood pressure. Meditation, warm baths, yoga, and going on long walks are relaxation techniques that can help relieve stress. People should avoid consuming alcohol, recreational drugs, tobacco, and junk food to cope with stress as these can contribute to elevated blood pressure.

Medication: People can use specific medications to treat hypertension. Doctors will often recommend a low dose at first. Eventually, people with hypertension might need to combine two or more drugs to manage their blood pressure. The choice of medication(s) depends on the individual and any underlying medical conditions they may experience.

Body Weight: Manage body weight. A fall in blood pressure usually follows weight loss, as the heart does not have to work so hard to pump blood around the body.

References:

[Mayo Clinic](#)

[American Heart Association](#)