

Manage Blood Pressure



- Hypertension (High Blood Pressure) is the single most significant risk factor for heart disease.
 - Uncontrolled high blood pressure can injure or kill you. It's sometimes called "the silent killer" because it has no symptoms.
 - One in three adults has high blood pressure, yet about 21% don't even know they have it. Of those with high blood pressure, 69% are receiving treatment, yet, only 45% have their blood pressure controlled.
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Blood Pressure Classifications

	Systolic		Diastolic
■ Normal	<120	and	<80
■ Pre-Hypertension	120-139	or	80-89
■ Stage 1 Hypertension	140-159	or	90-99
■ Stage 2 Hypertension	160+	or	100+

Week 8

Understanding High Blood Pressure

- High blood pressure, also known as hypertension, is a widely misunderstood medical condition.
 - The blood running through your arteries flows with too much force and puts pressure on your arteries, stretching them past their healthy limit and causing microscopic tears. Our body then kicks into injury-healing mode to repair these tears with scar tissue. But unfortunately, the scar tissue traps plaque and white blood cells which can form into blockages, blood clots and hardened, weakened arteries.
 - Blockages and blood clots mean less blood can get to our vital organs, and without blood, the tissue dies. That's why high blood pressure can lead to stroke, heart attack, kidney failure and even heart failure.
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Keep Your Blood Pressure in a Healthy Range and You Will.....

- **Reduce** your risk of your vascular walls becoming overstretched and injured
 - **Reduce** your risk of your heart having to pump harder to compensate for blockages
 - **Protect** your entire body so that your tissues receive regular supplies of blood that is rich in the oxygen it needs
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Week 8

Tips for Lowering Your Blood Pressure

- Eat a Heart Healthy diet (DASH)
 - Reduce your salt intake
 - Enjoy regular physical activity
 - Maintain a healthy weight
 - Manage stress
 - Limit alcohol
 - Avoid tobacco smoke
 - Take medications prescribed by your Doctor
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