

MANAGING HYPERTENSION

Hypertension is a worldwide epidemic and public health concern. Awareness is key to blood pressure control. High blood pressure is a common condition that develops over many years and affects most people at some point in their lives. Only 56% of those with high blood pressure are aware they have the condition.



The World Health Report 2002 identified high blood pressure as the "third-ranked factor for disability-adjusted life years."



972 million people worldwide currently live with hypertension.



By 2025 approximately 1.56 billion world citizens will suffer from high blood pressure.



In the United States, 75 million adults (32%) suffer from hypertension.



According to the Centers for Disease Control and Prevention (CDC), in 2014 high blood pressure was the primary cause of death in 410,000 Americans (1100 daily).

SYMPTOMS - WHEN TO SEE A DOCTOR



Most people know how high blood pressure is taken. Blood pressure cuffs measure the amount of blood your heart pumps into your arteries and the amount of resistance present in your arteries. The more blood your heart pumps and the narrower your arteries, the higher your blood pressure.

Symptoms that could point to excessively high blood pressure include:



Headaches



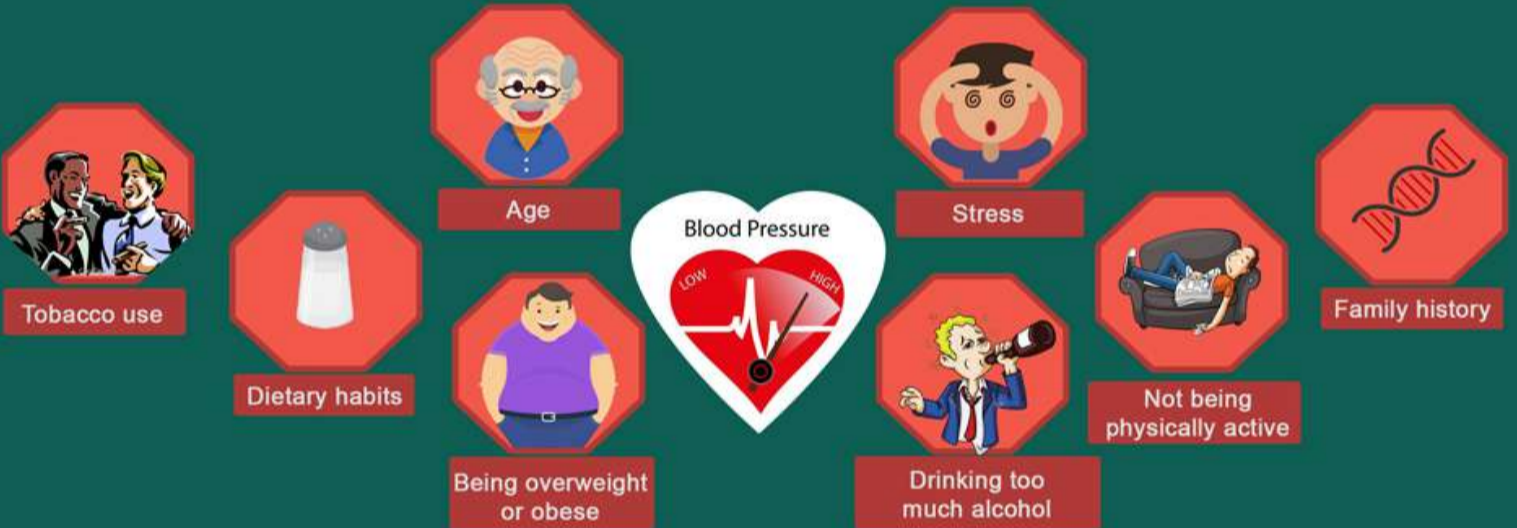
Shortness of breath



Nosebleeds

If you experience any of these symptoms consistently, consult your health care professional right away.

RISK FACTORS AND CAUSES OF HYPERTENSION



DIAGNOSIS OF HYPERTENSION

Two numbers are measured when taking blood pressure

Systolic pressure is a higher number since it is your blood pressure when your heart beats and pumps blood through your arteries.

Diastolic pressure is a lower number since it is your blood pressure in between heartbeats when your heart is not pumping.

Under the new guidelines established in 2017 by the The National Heart, Lung, and Blood Institute (NHLBI) of The National Institutes of Health (NIH), blood pressure measurements now fall into four general categories:

Normal blood pressure. Your blood pressure is normal if it's below 120/80 mm Hg.



Stage 1 hypertension. Stage 1 hypertension is a systolic pressure ranging from 130 to 139 mm Hg or a diastolic pressure ranging from 80 to 89 mm Hg

Elevated blood pressure. Your blood pressure is high when the systolic pressure ranges from 120 to 129 mm Hg and the diastolic pressure is below 80 mm Hg. Unless steps are taken to control blood pressure, it will worsen over time.



Stage 2 hypertension. More severe hypertension, stage 2 hypertension is a systolic pressure of 140 mm Hg or higher or a diastolic pressure of 90 mm Hg or higher.

LIFESTYLE CHANGES TO CONTROL HIGH BLOOD PRESSURE

Changing lifestyle habits is pivotal to reversing the epidemic trend of high blood pressure. The following adjustments to your daily regime can help.



High blood pressure is not curable. But prevention and treatment can keep your numbers at normal levels. Sticking to lifestyle changes can be challenging, but if you need motivation, remember the risks associated with uncontrolled high blood pressure.