

Hypertension

Patient Empowerment Through Education (P.E.T.E.)

Part I

- Also known as “High Blood Pressure” or “the Silent Killer”.
- Is very common throughout the world.
- Occurs when the heart has to work harder and harder to pump blood through the body.
- Usually has no symptoms until heart damage, strokes, or symptomatic kidney disease have occurred.
- May cause headaches, fatigue, lightheadedness, blurry or double vision, or unexplained sweating.

Knowing your Numbers

Blood pressure is represented as systolic # over diastolic # and should range around 120/80. Pre-hypertension can be managed with lifestyle changes (see *Making Healthy Choices*) while higher blood pressures may require medication.

Blood Pressure	Number
Normal	<120/80
Pre-Hypertension	121-139/80
Hypertension	>140/80

Causes & Risk Factors

Modifiable:

- Smoking
- Lack of Exercise
- High Salt Diet
- Obesity
- Obstructive sleep Apnea (OSA)

Non-Modifiable:

- Family History and Genetics
- African, Caribbean, South Asian Ancestry
- Sex
- Age

Taking A Blood Pressure

Steps:

1. Sit with feet flat on the floor and arm supported at the level of the heart.
2. Place the cuff with the bottom part directly above the bend of the elbow tightly enough to only fit two fingers between the cuff and the arm.
3. Line up the arrow on the cuff with the inside of the arm.
4. Relax and press start.
5. Record your blood pressure reading with the time and date. Bring this log with you to your next doctor's appointment.
6. Repeat 1-2 times each day.



When to get Screened?

- Every 3-5 years in adults aged 18-39 with low risk.
- Annually in adults 40 years and older with normal or elevated body weight.
- Annually for those with increased risk factors.

Local Resources to Obtain a Screening:

Local Health Centers
Hospitals
Non-profits
Pharmacies



Making Healthy Choices

Diet Recommendations:

- Dietary Approaches to Stop Hypertension (DASH) diet and the Mediterranean diet.



Whole grains
Fruits & Vegetables
Low-fat dairy products
Low in saturated fats & cholesterol



Fatty meats
Full-fat dairy
Sugar-sweetened beverages
Sweets
Salt
Alcohol

Stop Smoking

Sit Less, Walk More & Exercise

- Perform at least **150 minutes** of moderate-intensity exercise weekly (30 minutes x 5 days a week).
- Brisk walking, running, bicycling, swimming, dancing.

Call to Action

Spread hypertension awareness by sharing this poster with friends and family in your community.

Take Charge of Your Health and schedule a health check-up with your doctor. Regular visits are important to detecting potential issues early and maintaining a proactive approach to hypertension.