



# Guide to High Blood Pressure

# High Blood Pressure

What is High Blood Pressure or Hypertension?

Hypertension is when the pressure in your blood vessels is 140/90 mmHg or higher.



## 1

### Causes

## 2

### Symptoms



Primary Causes (overtime onset):

- Genetics, High Alcohol Consumption, Stress, Age, Obesity, Smoking, Lack of Exercise, High Salt Intake
- Secondary (occurs quickly) : Obstructive Sleep Apea, Heart Defects, Kidney Disease, Medications

- Fainting/ Dizziness
- Fatigue
- Irregular Heartbeat
- Low Blood Pressure
- Nausea
- Vomiting



# 3 Complications

- Pregnancy Complications
- Heart Attack / Heart Failure
- Stroke
- Sexual Dysfunction
- Periphery Artery Disease
- Cognitive Decline
- Kidney Disease
- Vision Loss



## Myths of Hypertension

### Myths

Hypertension is inherited, disease of geriatric and rarely affects women

1

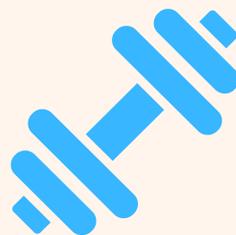
### Facts

Hypertension can occur at any age, affects both genders and a healthy lifestyle can manage Hypertension

Hypertension is not a cause for concern and not possible to prevent

2

Hypertension is a cause for immediate concern and can be prevented or managed



# Tips to Improve High Blood Pressure



Eat a balanced diet and take medicine regularly



Have a healthy bodyweight

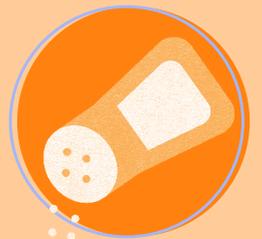


Be physically active – do activities such as running or going to the gym

Avoid smoking



Reduce salt intake



Avoid alcohol



# High Blood Pressure Food Chart

## Main Meals

Avoid eating:

- Red Meat
- Canned Products
- Cheese / Salt
- Fast Food / Packaged Foods



Try eating:

- Oatmeal
- Olive Oil
- Garlic
- Leafy Greens / Red Beet / Berries



## Desserts



Avoid Sweets



Try Dark Chocolate

## Drinks



Avoid drinking: Whole Milk, Cold Drinks

Try drinking: Fruit juice



# Blood Pressure Categories

Blood Pressure Category	Systolic mm Hg (upper 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 – 90
High Blood Pressure (Hypertension) Stage 2	140 or Higher	or	90 or Higher
Hypertensive Crisis	More than 180	and/ or	Higher than 120