

# Hypertension

(High blood pressure)



# Blood pressure - Definition

Blood pressure = Measurement of the force of blood against vessel walls



# What is hypertension?



Blood pressure greater than:

**150/90**

If older than 60 years

(140/90 if < 60 yrs or  
Diabetic)

# Uncontrolled hypertension can ...

Damage the eyes, brain, heart, arteries, and kidneys

This can lead to :

Stroke

Aneurysm

Dementia

Retinopathy

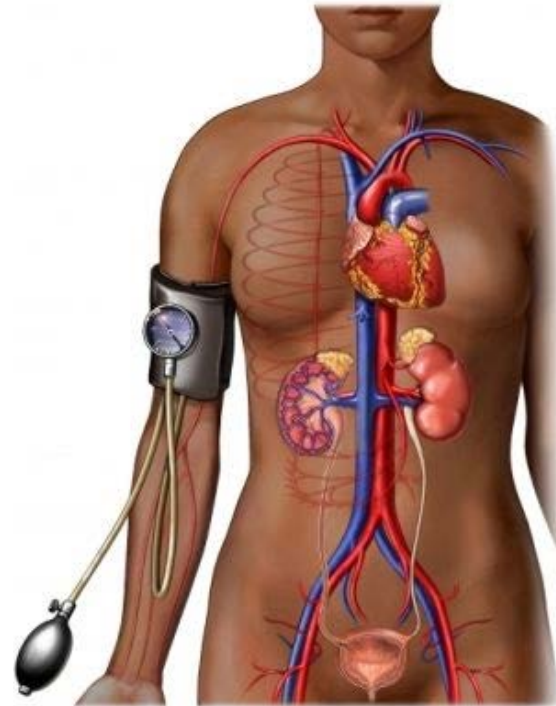
Heart failure

Heart attack

Kidney failure

Disability

Death



# What are the symptoms?

“High blood pressure is a largely symptomless “silent killer.” If you ignore your blood pressure because you think a certain symptom or sign will alert you to the problem, you are taking a dangerous chance with your life.” (AHA, 2017).

# Most cases of hypertension have NO symptoms

- However, talk to your health care provider if you experience:
  - Chest Pain
  - Headaches
  - Dizziness
  - Blurred Vision
  - Nosebleeds
  - Flushed face
  - Fatigue



# Hypertension - Causes

Modifiable: things you can change



Non-modifiable: things you cannot change



# Modifiable risk factors

A diet high in sodium

Being overweight or obese

Not being physically active

Stress





# Modifiable risk factors

Using tobacco



Drinking too much alcohol

# Non - modifiable risk factors



Age

Race

Family history

Pregnancy

Certain chronic illnesses  
(diabetes, kidney disease, & sleep  
apnea)

# How can I reduce my risk?

Exercise 30 minutes a day  
on at least 5 days  
a week



# Exercise



Increasing physical activity (exercising):

- Makes your heart stronger and lowers blood pressure
- Improves mental health and mood
- Controls your weight
- Strengthens your bones and muscles

Ways to move your body:

Walking, running, swimming, taking stairs, playing outside with your children, yoga, joining a gym, riding a bicycle.

# Eat less:

Regular canned vegetables

Beans canned in added salt

Pre-packaged rice

Bread with salted tops



Commercially prepared tomato sauces

Self rising flour and pancake mixes

Cured, smoked, or salted meat, fish, or poultry

Fast foods

# Self monitoring of blood pressure

- At-Home Monitors
  - Inexpensive
  - Easy to access
  - Allows monitoring and tracking of blood pressure results between medical visits
- Blood pressure machines
  - Pharmacies
  - Stores





# Hypertension - Management

- Medical care
  - Establish a primary care provider
- Medications
  - Take as prescribed
- Know your blood pressure numbers
  - Self- monitor
  - Track results
- Adopt lifestyle changes – To reduce risk factors





# Community Resources

- Central Maine YWCA
  - ❑ Fitness classes and swimming
  - ❑ Women's only swim class available

<https://ywcaine.org/>
- YMCA Auburn
  - Weight room, Intramural sports
- B Street Health Center
  - ❑ Medical care

<https://www.stmarysmaine.com/departments-services/primary-care-providers/family-practice/b-street-health-center>
- St. Mary's Nutrition Center
  - ❑ Food pantry, Healthy cooking classes, Community Garden

<https://www.stmarysmaine.com/nutrition-center/st-marys-nutrition-center>
- St. Mary's Mind Body Program
  - ❑ Stress Reduction

<https://www.stmarysmaine.com/departments-services/integrative-medicine/mind-body-program>
- Walking Trails in Androscoggin County <http://www.healthyandroscoggin.org/wp-content/uploads/2012/03/TrailMapGuideCombined.pdf>

# Hypertension - Lifestyle Changes Resources

- American Heart Association – High blood pressure resources
  - ❑ Online tools to assist with blood pressure control  
[http://www.heart.org/HEARTORG/Conditions/HighBloodPressure/High- Blood- Pressure- or- Hypertension\\_UCM\\_002020\\_SubHomePage.jsp](http://www.heart.org/HEARTORG/Conditions/HighBloodPressure/High-Blood-Pressure-or-Hypertension_UCM_002020_SubHomePage.jsp)
- American Heart Association - Check. Change. Control. Tracker
  - ❑ Online blood pressure tracking  
<https://www.ccctracker.com/aha>
- Weight Watchers –
  - ❑ Online weight loss support  
<https://www.weightwatchers.com/us/>
- Maine Tobacco Help Line 1- 800- 207- 1230  
[www.tobaccofreemaine.org](http://www.tobaccofreemaine.org)