

CONTROLLING HIGH BLOOD PRESSURE



HIGH BLOOD PRESSURE

Since 1995, high blood pressure in Alabamians has increased from 25% to 40% of the population.¹ High blood pressure, also called hypertension, is "the silent killer" because of no warning signs. Untreated high blood pressure can lead to coronary heart disease, heart failure, heart attack, stroke, kidney damage, angina (chest pain related to heart disease), peripheral artery disease, and blindness.²

RISK FACTORS FOR HIGH BLOOD PRESSURE ²

RISK FACTORS OUTSIDE YOUR CONTROL

- ▶ **Family History**
- ▶ **Age**
- ▶ **Gender**
- ▶ **Race**

RISK FACTORS YOU CAN CONTROL

- ▶ **Lack of Physical Activity**
- ▶ **Unhealthy Diet, High in Salt and Cholesterol**
- ▶ **Overweight and Obesity**
- ▶ **Drinking Too Much Alcohol**
- ▶ **Cigarette Smoking**
- ▶ **Stress**
- ▶ **Sleep Apnea**

WHAT DO THE NUMBERS MEAN?

120 The top number represents the pressure while the heart is beating.


80 The bottom number represents the pressure when the heart is resting between beats.

BLOOD PRESSURE CATEGORY	TOP NUMBER SYSTOLIC mm Hg	BOTTOM NUMBER DIASTOLIC mm Hg
Normal	Less than 120	Less than 80
Prehypertension	120 - 139	80 - 89
High Blood Pressure (Hypertension) Stage 1	140 - 159	90 - 99
High Blood Pressure (Hypertension) Stage 2	160 or higher	100 or higher
Hypertensive Crisis (EMERGENCY CARE NEEDED)	Higher than 180	Higher than 110

REFERENCES

1. Alabama Behavioral Risk Factor Surveillance System, (2011). The risk of heart disease and stroke in Alabama: Burden Document, finding the path to cardiovascular health. Alabama Department of Public Health.
2. American Heart Association, (2014). Understand your risk for high blood pressure. Retrieved from http://www.heart.org/HEARTORG/Conditions/HighBloodPressure/High-Blood-Pressure_UCM_002020_SubHomePage.jsp.
3. National Heart Lung and Blood Institute, (2003). Seventh report of the joint national committee on prevention, detection, evaluation, and treatment of high blood pressure (JNC7). U.S. Department of Health and Human Services. NIH Publication No. 03-5231.
4. National Stroke Association, (2012). Warning signs of stroke, Act F.A.S.T. Retrieved from <http://www.stroke.org/site/PageServer?pagenam=SYMP>.
5. Centers for Disease Control and Prevention, (2014). High blood pressure. Retrieved from <http://www.cdc.gov/bloodpressure/>.

MAKE CONTROL YOUR GOAL EVERY DAY




CHECK YOUR BLOOD PRESSURE regularly – at home, at a doctor’s office, or at a pharmacy



QUIT SMOKING – or don’t start
1-800-Quit-Now or 1-800-784-8669

Eat a more **HEALTHY DIET** with:

- More fruits, vegetables, potassium and whole grain
- Less salt, saturated fat, trans fat, and cholesterol



Adults should **LIMIT ALCOHOL** to no more than:




One drink per day for women



Two drinks per day for men



Read nutrition labels and **LOWER YOUR SALT** intake



These people need to keep salt less than 1500 mg/day:

- Older than 51 years
- Have High Blood Pressure
- Have Diabetes
- Have Chronic Kidney Disease
- African Americans

GET ACTIVE and maintain a healthy weight



Aim for 30 minutes 5x a week or 50 minutes 3x a week of moderate physical activity every week



SPOT A STROKE "F.A.S.T."⁴

F
A
S
T

- FACE DROOPING** – Does one side of the face droop? Ask the person to smile. Is the person’s smile uneven?
- ARM WEAKNESS** – Is one arm weak or numb? Ask the person to raise both arms. Does one arm drift downward?
- SPEECH DIFFICULTY** – Is speech slurred? Is the person unable to speak or hard to understand? Ask the person to repeat a simple sentence, like “The sky is blue.” Is the sentence repeated correctly?
- TIME TO CALL 9-1-1** – If someone shows any of these symptoms, even if the symptoms go away, call 9-1-1 and get the person to the hospital immediately. Check the time so you’ll know when the first symptoms appeared.

PEOPLE WITH UNCONTROLLED HIGH BLOOD PRESSURE ARE ⁵

- 7** times more likely to have a stroke
- 3** times more likely to develop coronary heart disease
- 6** times more likely to develop congestive heart failure

1 IN 3
ADULTS HAVE HIGH BLOOD PRESSURE IN THE U.S.

High blood pressure causes **1,000** deaths a day

