



## **HIGH BLOOD PRESSURE FACT SHEET**

### **WHAT IS HIGH BLOOD PRESSURE?**

High blood pressure, or hypertension means that your blood is pumping with more force than normal through your arteries. It is often called the “silent killer” because most people feel healthy and don’t even know that they have it.

### **WHAT HAPPENS IF HIGH BLOOD PRESSURE IS LEFT UNTREATED?**

- Heart attack
- Heart failure
- Kidney disease
- Stroke
- Aneurysm

### **WHAT ARE THE RISK FACTORS FOR HIGH BLOOD PRESSURE?**

- Family members with high blood pressure
- Overweight
- Lack of exercise
- A diet high in salt
- Heavy drinking
- Smoking
- Diabetes
- Stress

### **WHAT ARE THE SYMPTOMS OF HIGH BLOOD PRESSURE?**

- Severe headaches with or without throbbing
- A feeling that you are spinning or that the room is spinning
- Weight gain of two or more pounds in 24 hours or 5 pounds in one week
- Increased fluid retention
- Increased shortness of breath or difficulty breathing

### **WHAT SHOULD I DO IF I HAVE HIGH BLOOD PRESSURE?**

- Take your prescribed medications as directed.
- Lose weight.
- Exercise several times a week
- Limit alcohol.
- Eat a healthy diet - hold the salt.
- Keep your diabetes and cholesterol under control.
- Stop Smoking.
- Manage stress

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