

HIGH BLOOD PRESSURE SYMPTOMS

Generally, high blood pressure does not have symptoms. At times it causes headaches. A person can have high blood pressure for years without knowing it. However, during this time the disease can damage the heart, blood vessels, kidneys and other parts of the body. Some people find out they have high blood pressure after it has caused problems, like coronary disease, stroke or renal insufficiency. That is why it is important that you know your blood pressure numbers, regardless if you feel well.

HOW CAN HIGH BLOOD PRESSURE BE PREVENTED?

The measures related to your lifestyle can help you maintain a normal blood pressure.

- Follow a healthy nutritional plan
- Limit your sodium intake
- Maintain a healthy weight
- Get plenty of physical activity
- If you smoke, quit smoking
- Control stress, and learn how to handle it

Would you like to learn more about blood pressure and other health related topics. Ask for a Community Health Worker at your local "Sunset" clinic:

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(928) 627-3822
Ext. 1333

Somerton

(928) 627-2051
Ext. 1216

Yuma

(928) 819-8999
Ext. 1016

North Yuma

(928) 539-3140
Ext. 1714

Wellton

(928) 785-3256
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Sunsetcommunityhealthcenter.org



REFERENCES: New Mexico Health Department and United States Diabetes Prevention Program

Revised Date: 12 21 17

Arterial Hypertension... Everything You Should Know for a Better Quality of Life



SUNSET COMMUNITY
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WHAT IS BLOOD PRESSURE?

Pressure is the strength in which the blood circulates inside our arteries. The heart is the engine of blood circulation; with each beat it distributes blood to all parts of the body through the blood vessels.

The first number in blood pressure is systolic. This is the higher value of blood pressure when the heart pumps blood. The second number is diastolic. This is the pressure when the heart is filling up with blood and relaxing in between beats.

Blood pressure is not always the same. Throughout the day it increases and decreases depending on the activity or mental state of being.

WHAT IS ARTERIAL HYPERTENSION?

In some people the strength in which the blood circulates throughout the organism increases in a chronic state as known as arterial hypertension.

Hypertension is a disease that gives no symptoms during a long period of time and left untreated it is possible that the first symptom be as severe as an infarct to the myocardium, a hemorrhage or cerebral thrombosis. These things can be avoided if treated and controlled adequately.

The acceptable limit values of normal are less than 120mm Hg for the systolic pressure and less than 80mm Hg diastolic.

ATTENTION!

BLOOD PRESSURE CATEGORY	Systolic (upper number)		Diastolic (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 - 89
HIGH BLOOD PRESSURE (HYPERTENSION) STAGE 2	140 OR HIGHER	or	90 OR HIGHER
<u>HYPERTENSIVE CRISIS</u> (consult your doctor immediately)	HIGHER THAN 180	and/or	HIGHER THAN 120

IS THERE PREDISPOSITION TO BEING HYPERTENSIVE?

Yes, generally it can be genetic or hereditary, there are hypertensive families. When hypertension in your background exists, control and major care should be taken when young. Therefore hypertension can present itself to anyone.

WHAT RISK FACTORS CAN INDUCE ARTERIAL HYPERTENSION?

Besides arterial hypertension other risk factors exist that when present they elevate the risk of developing cardiovascular disease. The main ones are: family background of hypertension, overweight, diabetes, emotional stress, tobacco use, high cholesterol, diet with high salt contents, and living a sedentary life.

KNOW THESE BLOOD PRESSURE NUMBERS 3 THINGS TO REMEMBER

1. It is best to have a reading of less than 120/80. A reading of 120/80 or more indicates elevated blood pressure.
2. Our body only needs 1/4 teaspoon of sodium or 500 milligrams per day.
3. If you eat less salt and sodium you can help prevent or lower high blood pressure.

