

Why is High Blood Pressure a Problem?

Blood pressure (BP) is the force of the blood against the walls of the arteries. If its pressure rises and stays high over time, it can damage the body in many ways. Many times people with high blood pressure (HBP) have no signs or symptoms which is why it is often called the *Silent Killer*. Continued high blood pressure makes the heart work too hard and can harden the arteries. High blood pressure can cause hemorrhage or lead to kidney failure. **One in 3 American adults has HBP.**



What is Normal BP?

Normal blood pressure is less than 120/80
Hypertension (high blood pressure) is 140/90 or higher.

What do the two numbers mean?

- The top number which is the higher number (systolic)- is the amount of force pushing against your artery walls when the heart is contracting
- The bottom number which is the lower number (diastolic)- is the amount of force between heart beats when the heart is at rest and refilling with blood.

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Controlling your Blood Pressure

- Eat a healthy diet (the DASH diet is recommended)
- Reduce or eliminate processed meats, salt and fructose
- Learn all the terms for salt hidden in labels
- Exercise regularly
- Maintain a healthy weight
- Manage stress
- Avoid tobacco usage
- Limit alcohol intake
- Follow medication regimen prescribed by your MD
- Understand hot tub effects on the body
- Meditate, pray, and think positive thoughts

“He maketh me to lie down in green pastures; he leadeth me beside still waters...” Psalm 23:2

High Blood Pressure Facts

- ✓ Only ½ of the 67 million people with HBP have it under control
- ✓ 1 in 3 American adults has pre-hypertension
- ✓ HBP costs the USA \$47.5 billion dollars per year
- ✓ 1000 Americans die each day with HBP as the primary or a contributing cause
- ✓ **First heart attack:** About 7 of every 10 of people having their first heart attack have high blood pressure
- ✓ **First stroke:** About 8 of every 10 of people having their first stroke have high blood pressure.
- ✓ **Chronic (long lasting) heart failure:** About 7 of every 10 people with chronic heart failure have high blood pressure.

Information from Mayo Clinic. www.MayoClinic.com; American Heart Association www.Heart.org Centers for Disease Control www.cdc.gov



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