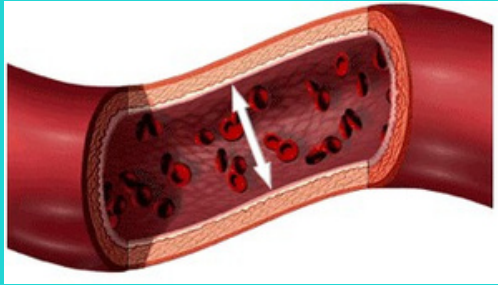


WHAT IS HYPERTENSION?

Hypertension is another term for high blood pressure. Blood pressure is the measurement of the force against the walls of your arteries as your heart pumps blood through your body.



WHY HYPERTENSION IS A PROBLEM

It increases your risk of serious health problems, such as heart attack and stroke.

You can have high blood pressure for years without showing any signs or symptoms.

CONTACT US

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HYPERTENSION

What You Need to Know
About High Blood Pressure



HIGH RISK FACTORS

- Age
- Family history
- Weight/Obesity
- Sedentary lifestyle
- Tobacco use
- Using too much salt
- Too little potassium
- Too much alcohol
- High fat diet
- Stress
- Existing health conditions:
(Diabetes, high cholesterol)

Normal blood pressure

Systolic (top number) - less than 120

Diastolic (lower number)- less than 80



COMPLICATIONS OF HIGH BLOOD PRESSURE

- Heart attack
- Stroke
- Aneurysm
- Heart failure
- Weakened and narrowed blood vessels in your kidney.
- Thickened, narrowed or torn blood vessels in the eyes.
- Metabolic syndrome
- Trouble with memory or understanding.

SIGNS & SYMPTOMS

Early Symptoms

- Dull Headaches

Severe Stage Symptoms

- Dizzy Spells
- Nosebleeds

Most people have no symptoms at all.

SCREENING FOR HIGH BLOOD PRESSURE

Blood pressure should be taken at routine doctor's visits.

Starting at the age of 18, you should have a reading at least once every two years.

If you don't regularly see a doctor, look for free blood pressure screenings in your community.

