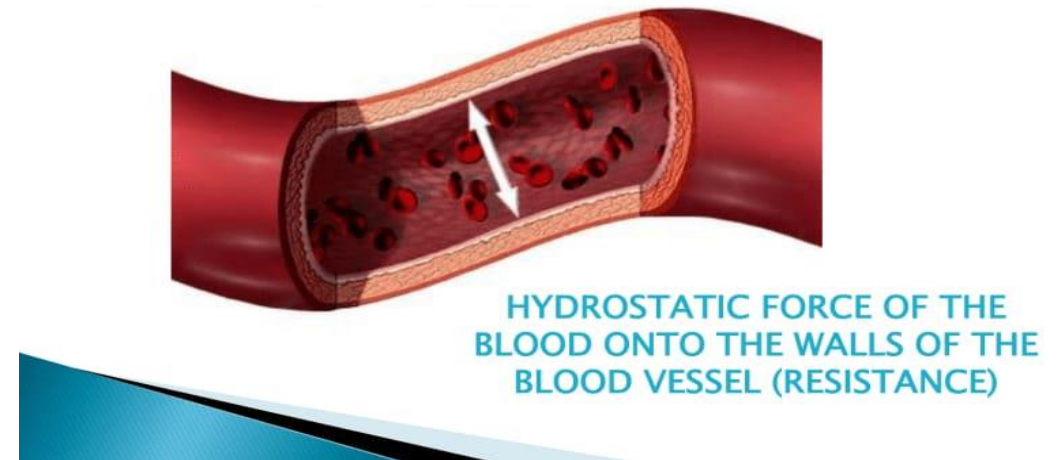


# HYPERTENSION

- Hypertension, commonly known as **high blood pressure**, is a medical condition where the force of the blood against the walls of the arteries is consistently too high.
- It is measured using two numbers: systolic blood pressure (the pressure in your arteries when your heart beats) and diastolic blood pressure (the pressure in your arteries when your heart rests between beats).
- A reading of 140\90 mmHg or higher is generally considered hypertensive.

What is Blood pressure?



## **No Hypertension** **Heart Pumping Normally**



**Blood flows easily  
through vessels**

## **Hypertension** **Heart Pumping Harder**



**Blood may not flow  
easily through vessels**

# Causes of Hypertension

Hypertension can be caused by a variety of factors including:

- Genetics: Family history of high blood pressure.
- Diet: High salt intake, high fat intake, and excessive alcohol consumption.
- Lifestyle: Lack of physical activity, obesity, and smoking.
- Chronic conditions: Kidney disease, diabetes, and high cholesterol.

# Symptoms of Hypertension

Hypertension is often called the “silent killer” because it typically has no symptoms until it has caused significant damage to the heart and arteries. Some possible symptoms, if they occur, include:

- Headaches
- Shortness of breath
- Nosebleeds

# Risks

If left untreated, hypertension can lead to serious health problems such as:

- Heart disease and heart attacks
- Stroke
- Kidney damage
- Vision loss

# Management

Managing hypertension involves lifestyle changes and possibly medication. Recommendations include:

- Eating a healthy diet(e.g., DASH diet)
- Reducing salt intake
- Exercising regularly
- Maintaining a healthy weight
- Limiting alcohol consumption
- Quitting smoking
- Taking prescribed medications as directed

# Monitoring

- Regular blood pressure checks are essential to monitor and manage hypertension effectively.

# Dietary Tips for Managing Hypertension

- **Reduce Sodium Intake:** Limit processed and packaged foods high in sodium. Aim for less than 2,300 mg of sodium per day, and ideally closer to 1,500 mg for better blood pressure control.
- **Increase Fruits and Vegetables:** Aim for a variety of colours and types to ensure a broad intake of nutrients.
- **Opt for Whole Grains:** Choose whole grain bread, pasta, and cereals over refined grains.
- **Limit Saturated and Trans Fats:** Reduce consumption of fatty meats, full-fat dairy products, and processed foods.
- **Moderate Alcohol Consumption:** If you drink alcohol, do so in moderation (up to one drink per day for women and two for men).
- **Stay Hydrated:** Drink plenty of water throughout the day.

Following a heart-healthy diet like the DASH (Dietary Approaches to Stop Hypertension) diet, which emphasizes many of these nutrients, can be particularly effective in managing hypertension.