

High Blood Pressure

is a condition when the pressure of the blood pumping is abnormally high.

A person's blood pressure consists of two numbers:

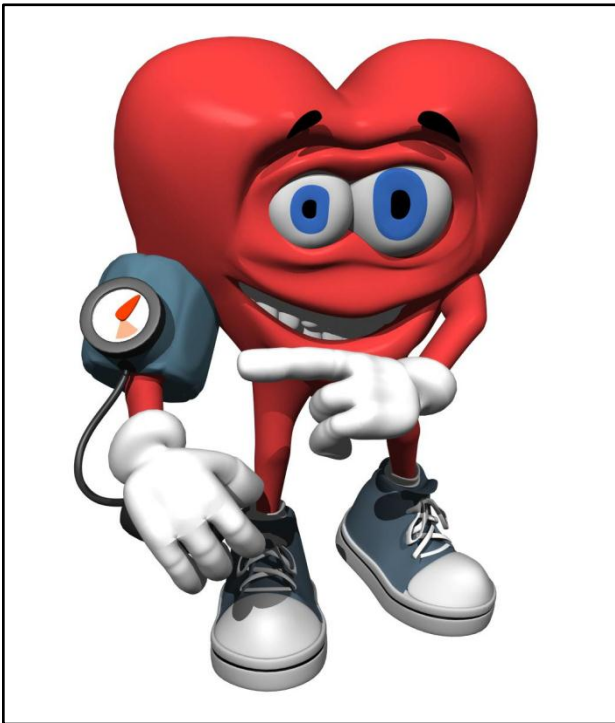
- the top number or systolic is the heart squeezing and
- the bottom number is the diastolic which is the pressure when the heart relaxes.
- A normal blood pressure is less than 120/80.

High blood pressure is also referred to as "hypertension."



Symptoms

There are usually **no symptoms** with high blood pressure. **Very high blood pressures** may have symptoms that include:



- **headache,**
- **dizziness**
- **blurry vision**
- **nausea and vomiting**
- **chest pain**
- **shortness of breath**

Long periods of hypertension may lead to other organs being affected and possibly organ failure.

In an emergency

Usually the first symptom is chest pain or stroke-like symptoms. **9-1-1 should be called immediately.**

If your blood pressure is high, follow-up may be needed at your doctor's office or clinic for medications or education about diet.

What can I do?

Limiting salt intake, losing weight, and increasing physical activity are ways to help lower your blood pressure. Smoking and alcohol should be limited.

If lifestyle changes do not lower the blood pressure, medications may be needed.