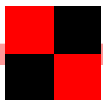




8 T I P S T O
M A N A G E
H Y P E R T E N S I O N

- *30 minutes of exercise every day*
- *Lose weight*
- *Eat a healthy diet*
- *Limit/Reduce salt intake*
- *Stop Smoking*
- *Limit Alcohol consumption*
- *Take medications as prescribed*
- *See your Doctor regularly*



SCORPION HOSPITAL

Eric Johnson, SRN
NSC
September, 2020

Hypertension

The silent Killer



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Causes of Hypertension

- *Obesity*
- *Smoking*
- *Poor diet*
- *Lack of exercise*
- *Diabetes*
- *Genetics*



Problems caused by hypertension

- Heart Failure
- Stroke
- Atherosclerosis
- Kidney Disease
- Eye Disease
- Peripheral Vascular disease

Blood Pressure Readings

- Normal 120/80 or less.
- Prehypertension 120 - 139/80 - 89
- Hypertension >140/90
- Hypertensive Crisis >180/120

Medications

- **ACE inhibitors:** Help to prevent blood vessel constriction. Can be used alone or with another drug.
- **ARBs:** Similar to ACE inhibitors, used when patient do not respond to ACE inhibitors.
- **Vasodilators:** Open blood vessels to reduce resistance and lower BP.
- **Calcium channel blockers:** Decrease BP, Reduce Cardiac workload

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CONTACT PERSON: 555 555 5555