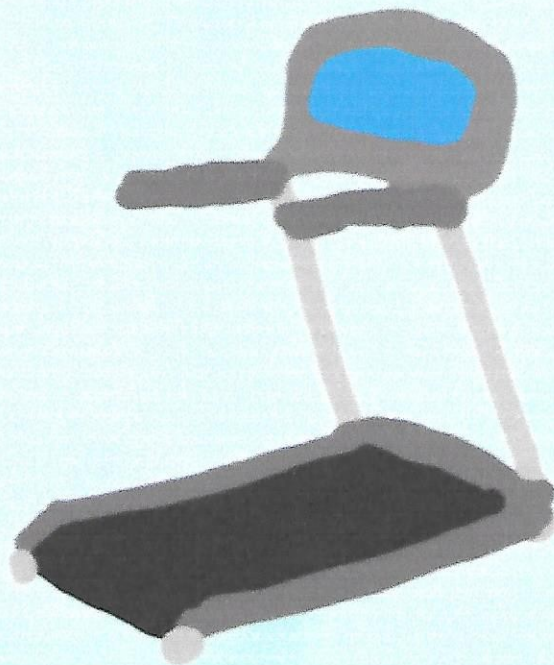
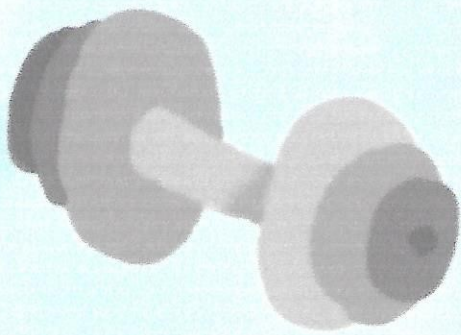


# Hypertension

High Blood Pressure & Weight  
Management  
by **GWAVISION**



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## HYPERTENSION AND WEIGHT MANAGEMENT

### **There two types of hypertension**

- 1) Primary or essential hypertension
- 2) Secondary hypertension

## PRIMARY OR ESSENTIAL HYPERTENSION

### **Primary or essential hypertension is defined as:**

When blood pressure is consistently greater than 140/90 mmHg, after 3 separate measurements at 3 different time apart at a doctor's office.

Hypertension  
Can be fatal if not  
Properly diagnose  
And treat

According to published report  
25% of Black people and 15%  
White are affected with this condition

Primary hypertension usually  
Is detected and diagnosed during  
Middle age. Once diagnosed, the  
Physician immediately initiated  
Treatment.

Patient with hypertension may not show any symptoms until they started to develop complications.

Some common presenting symptoms  
Can be: headache, blurred vision  
And shortness of breath

Some common complications of hypertension are:  
Kidney disease, stroke, cardiovascular disease  
Vascular dementia and retinal retinal hemorrhage. These are  
Indications of a more severe form of hypertension.

Malignant hypertension  
Is a rapidly progressive  
Form of primary  
Hypertension, causing  
End-organ damage

Management of hypertension consist of: 1) Lifestyle changes, 2) pharmacology approach

**Lifestyle changes includes:**

- 1) Weight management
- 2) Nutrition
- 3) Exercise
- 4) Sleep hygiene

**Pharmacological treatment depend**

On several factors, usually your  
Doctor will know exactly what  
Medication to put you on

**Nutrition:**

- 1) Reduce amount of salt and sugar
- 2) Consume more fruits and vegetables
- 3) Drink lots of water
- 4) Dash diet

**Weight management:**

- 1) Try to keep a BMI of less than 25
- 2) Proper diet with good nutrition
- 3) Exercise daily
- 4) Good sleep hygiene

**Exercise:**

- 1) Any type of physical activities
- 2) Walking for 30-45 daily
- 3) Jogging, cycling, swimming
- 4) Lift weights

**Sleep hygiene:**

- 1) Lack of sleep can cause hypertension
- 2) Get at least 7-8 hour of sleep
- 3) Sleep at the same time everyday
- 4) Avoid large meal before going to sleep

**The goal to control hypertension which is 140/90 is:**

- 1) maintain a systolic blood pressure below 140
- 2) maintain a diastolic blood pressure below 90
- 3) Limit dietary salt less than 2g/day
- 4) Work with a Certified Holistic Health Coach

**Secondary hypertension****At least 5-10% of people is affected  
By secondary hypertension**

- There always a primary cause  
Leading to secondary hypertension
- Usually occurs in young patients
- Occurs in patient with primary  
Hypertension which treatment  
Did not work well
- Can lead to major organs  
Damage and death

**Example of causes of secondary hypertension:**

- Kidney disease( pheochromocytoma & Reno  
Vascular disease
- Drugs NSAIDS, migraine medications)
- Sleep apnea
- Preeclampsia
- Thyroid disease
- Oral contraceptive pills