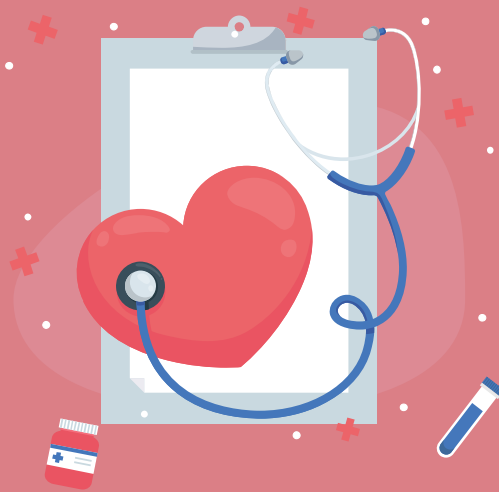


Preventing Hypertension

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Learning Objectives

1

Define hypertension

2

Understand the normal values of BP

3

Recognize the prevalence of hypertension

4

Identify the risk factors of hypertension

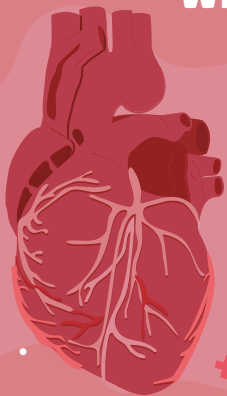
5

Understand prevention strategies

6

Understand the importance of taking actions

What Is Hypertension?



Hypertension = High Blood Pressure

Blood pressure = force of blood pushing against vessel wall

- Heart works hard but inefficiently

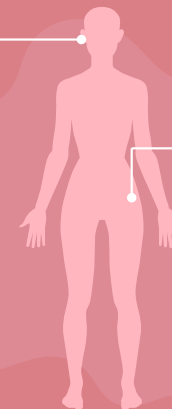
Signs & Symptoms

1

Life-threatening signs:
Nosebleed
Headache
Shortness of Breath

2

MOST PEOPLE HAVE NO SIGNS



Types of Hypertension

Primary (Essential) Hypertension

- No identifiable cause
- Develop gradually over the years

Secondary Hypertension

- Caused by underlying condition
 - Congenital defects in blood vessels
 - Thyroid problems
 - Kidney disease
 - Use of illegal drugs/ certain medications
- Sudden onset
- Leads to higher BP than primary hypertension

Blood Pressure Categories



BLOOD PRESSURE CATEGORY	SYSTOLIC mm Hg (upper number)		DIASTOLIC mm Hg (lower number)
NORMAL	LESS THAN 120	and	LESS THAN 80
ELEVATED	120 – 129	and	LESS THAN 80
HIGH BLOOD PRESSURE (HYPERTENSION) STAGE 1	130 – 139	or	80 – 89
HIGH BLOOD PRESSURE (HYPERTENSION) STAGE 2	140 OR HIGHER	or	90 OR HIGHER
HYPERTENSIVE CRISIS (consult your doctor immediately)	HIGHER THAN 180	and/or	HIGHER THAN 120

1 out of 2 adults in the U.S. has hypertension

Prevalence

Rates of Hypertension by Sex and Race

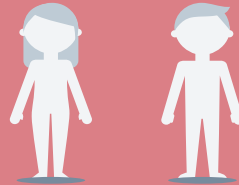
- Greater percentage in men (47%) than women (43%)
- Most common in non-Hispanic black adults (54%) than non-Hispanic white adults (46%), non-Hispanic Asian adults (39%) or Hispanic adults (36%)



Prevalence

Population with higher prevalences

- Younger men and older women
 - ages 20-64, (hypertension higher in men).
- Hypertension is 3x higher in older adults among ages 65+ and adults ages 20-44 .
- Adults with lower socioeconomic status.



are our target...

Anyone who is in their mid 20s

Why?

- We all believe that we are invincible because we are young.

But...

- Prevention at an early age is key!
- It is much more difficult to treat once present at an older age.
- We simply want you to understand why and how it also affects you
- The more knowledge you have about hypertension, the more proactive you will be in prevention.

Risk Factors You Can Control

Excess weight
Sedentary lifestyle

High sodium intake
High fat intake

Smoking
Alcohol Consumption
(Drinking >1.5 oz alcohol
per day increases risk)

Risk Factors You Cannot Control

Family History

Age (increased age
= increased risk)

Gender (males have
higher risk than
female before age
64)

Racial Background
(African-Americans
tend to develop
hypertension more
often)

Chronic Kidney
Disease



Prevention

1

Nutrition

2

Exercise

3

Drug Use

4

**Sleep/Stress
Management**

Prevention Strategies– Nutrition

Reducing sodium intake.

- AHA recommends an ideal limit of no more than 1,500 mg/day

Reduce total saturated fats to 27% of daily calories.

- E.g. processed meats, butter or lard, full fat dairy products and baked goods.

Increase potassium intake by consuming an average of 4,700 mg/day

- E.g. sweet potatoes, peas, cucumbers, leafy greens, lima beans, bananas & more.

Consuming an overall healthy diet lowers blood pressure.

- E.g. whole grains, fruits, vegetables & low fat dairy products

And drink lots of water!

Prevention Strategies–Exercise

Aim to do 30 minutes of aerobic activity a day.

- E.g. swimming, cycling or brisk walking.

Maintain a Healthy Weight

- Overweight or obesity increases risk for hypertension.
- 18.5-24.9 BMI is considered normal/healthy weight.

Prevention Strategies– Drug Use & Sleep

Reduce overall alcohol consumption

Quit Smoking

- Usage of nicotine patches or gum, and prescribed medicine can help quit smoking.

Get Enough Sleep

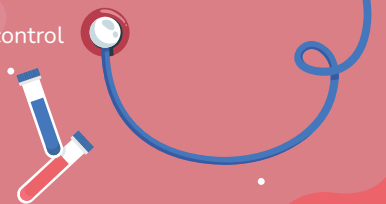
- Lack of sleep can increase the risk
- Goal: 7 - 8 hrs of good quality sleep

Manage Stress

- Relaxation techniques such as meditation or deep breathing exercises.

Self-monitor using a home BP monitor

- Self-monitoring can help diagnose high blood pressure earlier.
- Helps track findings such as changes or improvements.
- Motivates individual to practice self-control due to responsibility of health.



Strategies for Prevention

1. Reflect: Think about what you can do to prevent hypertension: (Diet, Quitting Smoking, Exercise, sleep, and stress management)
2. Discuss (Talk with someone about it. They may have ideas that you don't have.)
3. Set Goals (Your goals must be attainable, not too far out, and measurable.)
4. Make a Plan (How are you actually going to do it? You need "concrete" steps that you will take to get you where you want to be. This way you will know whether you succeeded or not.
5. Set up accountability: Tell someone else and set up regular times to meet with them to talk about it.
6. Evaluate: Reflect again on how things are working. Do you need to change something? Go back to number 1.

Need to quit smoking or drinking? Join a support group here: www.recovery.org/support-groups/

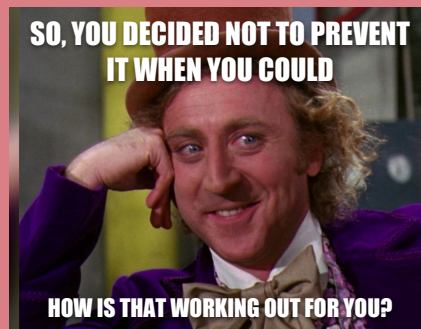
Exercise? Join the gym keeping accountable to a friend who goes with you.

Diet? Use a food journal and intentionally keep your salt intake and LDL intake in the right levels. Get a friend to help you stay on track.

Why Take Action?

What's the worst that could happen?

- Your arteries get blocked
- Your heart has to work harder
- Oxygen doesn't get to your tissues very well
- Can even result in death (It is one of the most common causes of death for "middle adult years.")



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WHAT BLOOD PRESSURE IS
CONSIDERED STAGE I
HYPERTENSION?

First to comment correctly gets 200 points

HOW MANY ADULTS IN THE U.S.
HAVE HYPERTENSION?

First to comment correctly gets 300 points

WHAT RISK FACTORS CAN YOU
CONTROL FOR HYPERTENSION?

First to comment correctly gets 500 points

CAN HYPERTENSION CAUSE
DEATH?

First to comment correctly gets 100 points

WHAT ARE SOME STEPS THAT CAN BE TAKEN TO START NEW HEALTHY HABITS TO LESSEN THE CHANCES OF GETTING HYPERTENSION?

First to comment correctly gets 400 points

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