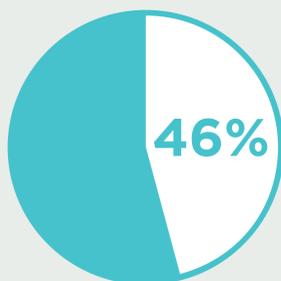


# 7

# Facts You Need to Know About Hypertension

How to protect yourself from America's silent killer

## 1 What's the big deal about high blood pressure (hypertension)?



of American adults have high blood pressure.<sup>1</sup>

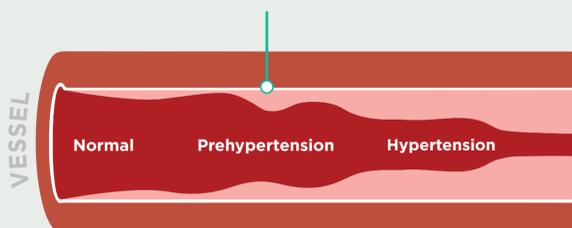
Hypertension can result in heart attack or failure, stroke and kidney damage.<sup>2</sup>



## 2 What is hypertension?

Hypertension is when blood flows through blood vessels, or arteries, at higher than normal pressures putting force against the artery wall.<sup>2</sup>

Systolic pressure is measured when the heart contracts.



Diastolic pressure is measured when the heart relaxes.

## 3 Types of hypertension

**Primary hypertension** is the most common type of hypertension. It has no identifiable cause as it is most likely due to the interaction between multiple factors such as genetics, environment, etc.<sup>3</sup>

**Secondary hypertension** is the result of an underlying cause such as kidney disease, obesity, pregnancy, etc.<sup>3</sup>



## 4 Common risk factors for developing hypertension

### FIXED RISK FACTORS<sup>3</sup>



Low birth weight



Obstructive sleep apnea



Chronic kidney disease

Premature birth

Family history

Psychosocial stress

Low socioeconomic status

Increased age

Race/ethnicity

### MODIFIABLE RISK FACTORS<sup>3</sup>



Smoking



Overweight/obesity



Alcohol

Low potassium

Unhealthy diet

High sodium

Diabetes mellitus

Physical inactivity

High cholesterol

## 5 Know your numbers by heart

**Top number:** Systolic pressure measures the pressure your blood is exerting against artery walls when the heart beats.<sup>4</sup>

**Bottom number:** Diastolic pressure measures the pressure your blood is exerting against artery walls between heart beats.<sup>4</sup>

NORMAL

BELOW 120

BELOW 80

120 TO 129

BELOW 80

ELEVATED

STAGE 1

130 TO 139

80 TO 89

140 & ABOVE

90 & ABOVE

STAGE 2

HYPERTENSIVE URGENCY

ABOVE 180

ABOVE 120

ABOVE 180 + target organ damage

ABOVE 120 + target organ damage

HYPERTENSIVE EMERGENCY

## 6 Detect, diagnose and manage



Automated blood pressure monitors can **average multiple readings inside and outside the office** to ensure your BP level is recorded, helping you and your physician determine the right care plan.

## 7 Reduce your risk



Exercise regularly



Follow the DASH diet



Monitor blood pressure at home

Manage stress

Maintain a healthy weight

Avoid smoking

Limit alcohol consumption

Get quality sleep

Reduce sodium intake

Make control your goal. Know your numbers and make lifestyle changes to reduce your risk of hypertension and its dangerous effects. As always, be sure to follow your doctor's treatment plan.

Speak to your doctor to learn more about how automated blood pressure solutions can save your life.

### References

- <sup>1</sup> American Heart Association. More than 100 million Americans have high blood pressure, AHA says. <https://www.heart.org/en/news/2018/05/01/more-than-100-million-americans-have-high-blood-pressure-aha-says>. Accessed December 4, 2018.
- <sup>2</sup> National Heart, Lung, and Blood Institute. High Blood Pressure. <https://www.nhlbi.nih.gov/health-topics/high-blood-pressure>. Accessed September 17, 2018.
- <sup>3</sup> American Heart Association. 2017 Guideline for the Prevention, Detection, Evaluation and Management of High Blood Pressure in Adults. Accessed September 13, 2018.
- <sup>4</sup> American Heart Association. Understanding Blood Pressure Readings. <http://www.heart.org/en/health-topics/high-blood-pressure/understanding-blood-pressure-readings>. Accessed September 19, 2018.

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