



"Be careful about reading health books. You may die of a misprint." - Mark Twain

National High Blood Pressure Awareness Month, recognized annually in May, is an important observance time for Measure Up/Pressure Down and its participating medical groups, health systems, partners, and sponsors to raise awareness, educate, and engage patients

High blood pressure (hypertension)

Blood pressure is a measurement of the force against the walls of your arteries as your heart pumps blood through your body. Hypertension is another term used to describe high blood pressure. Blood pressure readings are given as two numbers. The top number is called the systolic blood pressure. The bottom number is called the diastolic blood pressure. For example, 120 over 80 (written as 120/80 mmHg).

Causes:

Many factors can affect blood pressure, including:

- 🦋 The amount of water and salt you have in your body.
- 🦋 The condition of your kidneys, nervous system, or blood vessels.
- 🦋 Your hormone levels.

You have a higher risk of high blood pressure if:

- 🦋 You are African American.
- 🦋 You are obese.
- 🦋 You are often stressed or anxious.
- 🦋 You drink too much alcohol (more than 1 drink per day for women and more than 2 drinks per day for men).
- 🦋 You eat too much salt.
- 🦋 You have a family history of high blood pressure.
- 🦋 You have diabetes.
- 🦋 You smoke.

Secondary hypertension may be due to:

- ✂ Chronic kidney disease.
- ✂ Disorders of the adrenal gland (such as pheochromocytoma or Cushing syndrome).
- ✂ Hyperparathyroidism.
- ✂ Pregnancy or preeclampsia.
- ✂ Medications such as birth control pills, diet pills, some cold medicines, and migraine medicines.
- ✂ Narrowed artery that supplies blood to the kidney (renal artery stenosis).
- ✂ Certain defects in blood vessels you are born with (congenital).
- ✂ Illegal drugs, such as cocaine and amphetamines.
- ✂ Alcohol abuse or chronic alcohol use.
- ✂ Obstructive sleep apnea.

Symptoms:

Symptoms include:

- ✂ Severe headache.
- ✂ Nausea or vomiting.
- ✂ Confusion.
- ✂ Vision changes.
- ✂ Nosebleed.

When to Contact a Medical Professional?

If you have high blood pressure, you will have regular checkups with your doctor. Even if you have not been diagnosed with high blood pressure, it is important to have your blood pressure checked during your regular check-up, especially if someone in your family has or had high blood pressure. Call your doctor right away if home monitoring shows that your blood pressure is still high.

Coping and support:

To keep your blood pressure under control:

- ✂ Take your medications properly.
- ✂ Schedule regular doctor visits.
- ✂ Adopt healthy habits.
- ✂ Manage stress.

Prevention:

Most people can prevent high blood pressure from occurring by following lifestyle changes designed to bring blood pressure down.

Reference Links:

- ✂ <http://www.mayoclinic.org/diseases-conditions/high-blood-pressure/basics/coping-support/con-20019580>
- ✂ <http://www.nlm.nih.gov/medlineplus/ency/article/000468.htm>
- ✂ http://www.measureuppressuredown.com/HighBPMonth/index_hasp

For any enquiry or assistance please contact: wellness@medicaretpa.co.in

Disclaimer: No information contained here should be relied on in making health decisions. Always check with your doctor or other health care provider.