

HYPERTENSION

also known as

HIGH BLOOD PRESSURE

What is hypertension?

Hypertension means the same thing as high blood pressure and is the leading cause of stroke in adults. High blood pressure can also cause other bad health problems if it is ignored.

What is blood pressure?

Blood is carried from the heart to all parts of your body in vessels called arteries. Blood pressure is the force of the blood pushing against the walls of the arteries. Each time the heart beats, it pumps out blood into the arteries.



How does a health care provider take my blood pressure?

A doctor or nurse will wrap a cuff around your upper arm, pump the cuff full of air, and then let the air out really slow while they listen to your heart through a stethoscope. The instrument that measures your blood pressure is called a sphygmomanometer.

How do they measure my blood pressure?

Blood pressure is always measured as 2 numbers. The first or top number is the systolic pressure and the second or bottom number is the diastolic pressure. It is measure in millimeters of mercury which is written as “mmHg.”

Systolic – This is when your blood pressure is the highest.

The heart will beat and the blood will be pumped.

Diastolic – This is when your blood pressure is the lowest.

The heart is between beats and is resting.

Ex. $\frac{120}{80}$

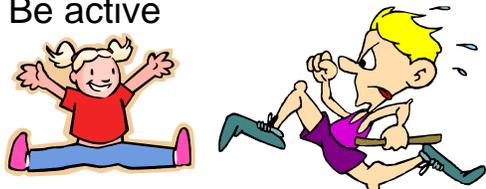
Normal blood pressure is 120/80 mmHg. But when the numbers are 140/90 mmHg or higher, then that means high blood pressure, or hypertension.

What can I do to keep my blood pressure at a healthy level?

- Do not eat a lot of salt



- Be active



- Eat healthy with fresh fruits, vegetables, and whole grain

