

SYMPTOMS

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

CAN BE ASYMPTOMATIC (NO SYMPTOMS)

- SHORTNESS OF BREATH
- SEVERE HEADACHES
- NAUSEA/VOMITING
- DIZZINESS
- RINGING IN EARS
- NOSEBLEEDS

RISK FACTORS

- Age (risk for blood pressure increases with age)
- Race
- Sex
- Family History
- Obesity/Being Overweight
- Using Tobacco
- Too much salt (sodium) in your diet
- Too little potassium in your diet
- Drinking too much alcohol
- Stress
- Certain chronic conditions

RESOURCES

1. Imani Clinic: IHEOP

- IHEOP = Imani Health Education Outreach Program
- One-on-one IHEOP Sessions at Imani Clinic to plan healthy lifestyle goals
- Nutrition guide & other IHEOP resources: <https://iheop.weebly.com/>

2. Healthy & Budget-Friendly Recipes

- <https://www.choosemyplate.gov/myplate-kitchen>

3. Blood Pressure Trackers

- Sign Up Here: <https://www.ccctracker.com/>
- Sign Up Tutorial: https://www.youtube.com/watch?v=X7XVEQb_9Sk&feature=youtu.be
- PDF version: <https://www.heart.org/-/media/files/health-topics/high-blood-pressure/my-blood-pressure-log.pdf>

4. Guided meditation with music & apps

- <https://www.psycom.net/mental-health-wellbeing/meditation-resources>

5. 3-Minute Hypertension Video

- <https://www.youtube.com/watch?v=rTWx1DE-kOM>

6. Social Support Network

- https://supportnetwork.heart.org/?utm_source=Heart.org+Banners+October+2015+Refresh&utm_medium=banner&utm_campaign=SupportNetwork

HYPERTENSION



WHAT IS HYPERTENSION?

- Hypertension is also known as high blood pressure.
- The force of blood pushing against artery walls can get too strong and can cause damage to the heart and blood vessels.
- It develops over the course of many years and can increase chances of a stroke or heart attack
- It can be easily detected and managed.



PREVENTATIVE MEASURES

EAT HEALTHY

- Eat foods rich in potassium, protein, & fiber

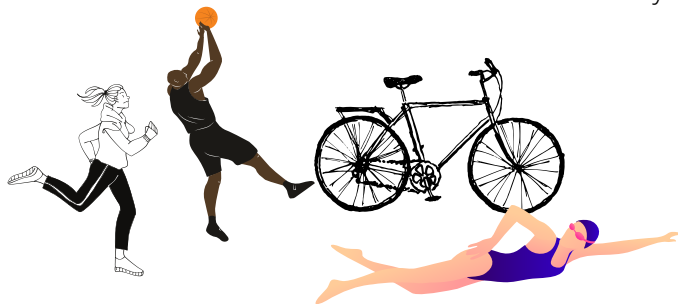


- Eat plenty of fruits & vegetables (avoid high-sugar juice & canned fruit)
- Eat foods low in salt, saturated and trans fats, cholesterol, & refined sugar
- Avoid processed foods
- Track daily calorie & nutrient intake in a journal
- Drink eight 8-ounces glasses of water daily



EXERCISE

- **Adults:** at least 30 minutes daily
- **Children & adolescents:** at least 1 hour daily



7-9 HOURS OF SLEEP

PREVENTATIVE MEASURES



- **Avoid** smoking
- **Limit** alcohol consumption

MANAGING STRESS



- Improve time management
- Set realistic goals for the day
- Take 15-20 mins. breaks each day to relax

- Reframe negative thoughts. Try positive self-talk!
- Recognize your stress triggers
- Realize that saying "no" is okay



- Take deep breaths for 5 minutes throughout the day
- Go on short walks
- Meditate

SELF-MONITOR BLOOD PRESSURE



- Set target blood pressure & record trends and progress online or in a journal (see 'RESOURCES' page)

COMMON CAUSES

THERE ARE TWO TYPES OF HYPERTENSION/HIGH BLOOD PRESSURE:

1. PRIMARY HYPERTENSION

- For this type of high blood pressure, there is no identifiable cause
- Tends to develop gradually over many years

2. SECONDARY HYPERTENSION

- Caused by underlying conditions
- Tends to appear suddenly and cause higher blood pressure than does primary hypertension

VARIOUS CONDITIONS THAT CAN LEAD TO SECONDARY HYPERTENSION:

- Obstructive sleep apnea
- Kidney Problems
- Adrenal Gland
- Tumors
- Thyroid Problems
- Certain defects you're born with in blood vessels
- Certain medications
- Illegal drugs