

MAY BUG-OF-THE-MONTH

HYPERTENSION → HIGH BLOOD PRESSURE

World Hypertension Day (May 17th)

What is HYPERTENSION?

- ★ when the pressure in your blood vessels is too high (140/90 mmHg or higher)

Things that increase the risk of having high blood pressure include:

- ★ older age
- ★ genetics
- ★ being overweight or obese
- ★ not being physically active
- ★ high-salt diet
- ★ drinking too much alcohol

Risk Factors:

- ★ **Modifiable risk factors:** include unhealthy diets (excessive salt consumption, a diet high in saturated fat and trans fats, low intake of fruits and vegetables), physical inactivity, consumption of tobacco and alcohol, and being overweight or obese.
- ★ **Non-modifiable risk factors:** include a family history of hypertension, age over 65 years and co-existing diseases such as diabetes or kidney disease.

Symptoms:

Most people with hypertension don't feel any symptoms.

- ★ Very high blood pressures can cause headaches, blurred vision, chest pain and other symptoms.
- If hypertension isn't treated, it can cause other health conditions like kidney disease, heart disease and stroke.

People with very high blood pressure (usually 180/120 or higher) can experience symptoms including:

- ★ dizziness
- ★ difficulty breathing
- ★ nausea/vomiting
- ★ anxiety/confusion
- ★ buzzing in the ears
- ★ nosebleeds
- ★ abnormal heart rhythm

Treatment:

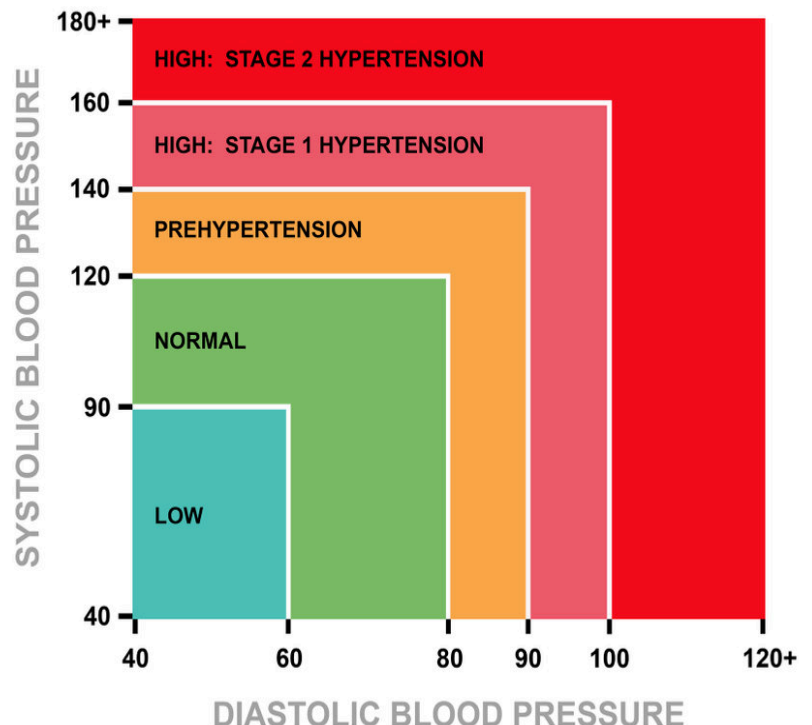
Lifestyle changes can help lower high blood pressure.

- eating a healthy, low-salt diet
- losing weight
- being physically active
- quitting tobacco.

Blood pressure goal is less than 130/80 if you have:

- cardiovascular disease (heart disease or stroke)
- diabetes (high blood sugar)
- chronic kidney disease
- high risk for cardiovascular disease.

BLOOD PRESSURE CHART



Antihypertensive Drug Names

Drug Class	Drug Names	Examples
ACE Inhibitors	“pril”	Lisinopril Enalapril
ARBs	“sartan”	Losartan Valsartan
Alpha Blockers	“osin”	Doxazosin Terazosin
Beta Blockers	“lol”	Metoprolol Labetalol
Calcium Channel Blockers	“dipine”	Amlodipine Nicardipine
Diuretics	“ide”	Furosemide Hydrochlorothiazide

