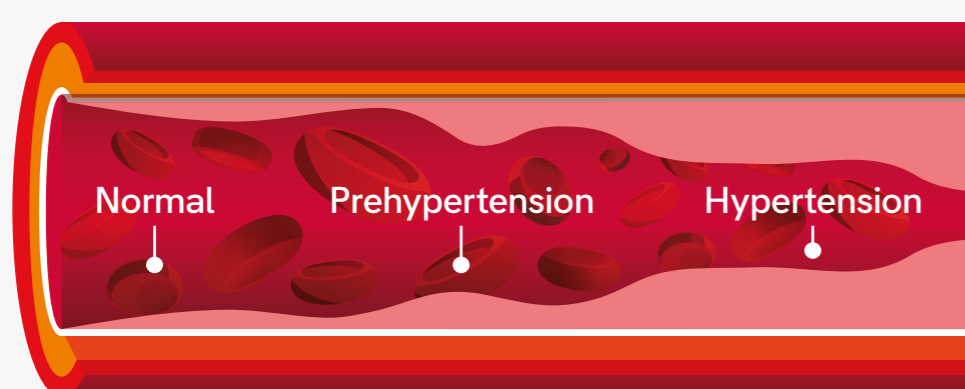


# Hypertension

## What is Hypertension?

Hypertension, also known as high blood pressure, is a medical condition in which the arteries (blood vessels) have consistently raised pressure.

Blood pressure is created by the force of blood pushing against the wall of the arteries as it is pumped by the heart. The higher the pressure, the harder the heart must pump.



Hypertension is diagnosed if blood pressure reading is on or above 140/90 in a clinical environment or 135/85 at home. Readings should be taken over several different days.

## Signs and Symptoms

People with high blood pressure often do not know. It is known as a silent killer.

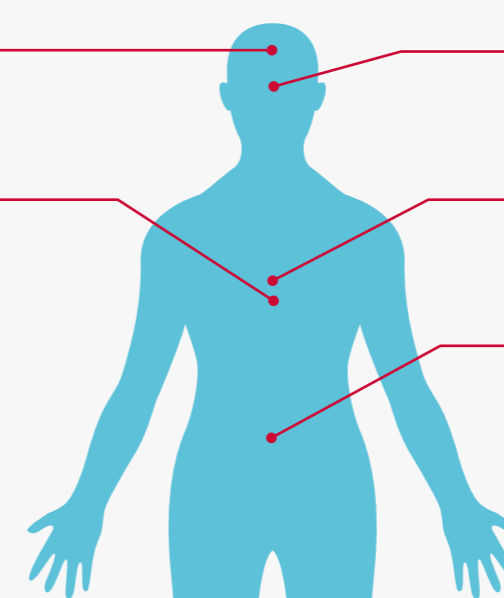
**MOST PEOPLE DO NOT HAVE ANY WARNING SIGNS OR SYMPTOMS.**

Monitor your Blood Pressure **REGULARLY.**

## Long Time Health Risks

If hypertension continues it increases the risk of serious and potential life threatening health conditions, including:

- Strokes
- Peripheral Vascular Disease
- Blindness
- Heart Attacks and Heart Disease
- Kidney Failure



## Action Plan – This is an Emergency

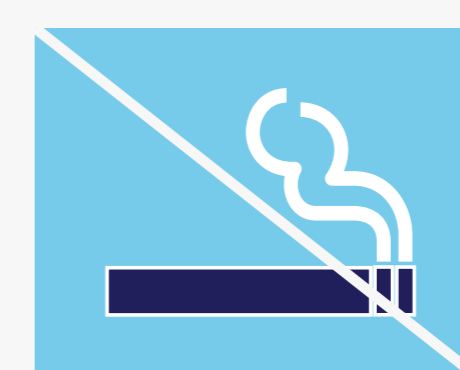
Lifestyle changes need to be made such as the following:



Reduce alcohol consumption



Reduce weight if overweight



Stop smoking



Eat more fruit and vegetables - Reduce salt and saturated fats



Do more physical activity



Reduce and manage stress

In cases of persistently high blood pressure then medication prescribed by a doctor will be needed.

**REMEMBER CHECK BLOOD PRESSURE REGULARLY**