

High blood pressure is a common condition in which the long-term force of blood against the artery walls becomes so high that it may eventually cause health problems such as heart disease.

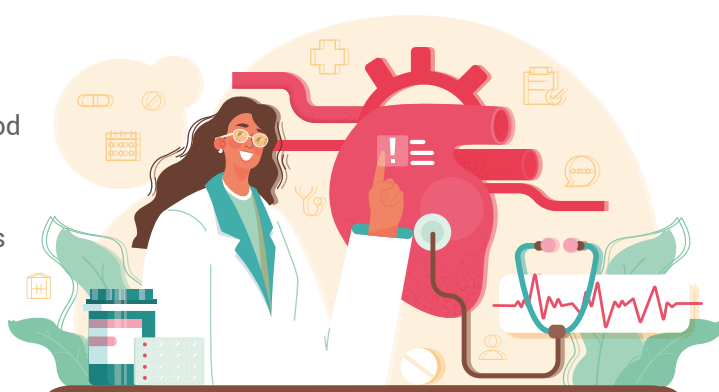
- Blood pressure is measured with 2 numbers. The systolic pressure (higher number) is the force at which the heart pumps blood around the body.
- The diastolic pressure (lower number) is the resistance to the blood flow in the blood vessels.
- Normal blood pressure is 120 over 80 mm of mercury and according to American Heart Association (AHA) guidelines, patients with hypertension will have a reading of 130 or higher over 80 mmHg, indicating elevated blood pressure.

Are you at risk of having hypertension?

Several factors and variables can lead to a greater risk of developing hypertension, including:

Hereditary and physical risk factors:

- **Family history** – If your parents or other close blood relatives have high blood pressure.
- **Age** – Risks are higher for men older than 64 years and women older than 65 years.
- **Chronic Kidney Disease (CKD)** – High blood pressure may occur as a result of kidney disease.



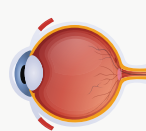
Modifiable risk factors:

- Being overweight or obese
- Stress
- Diabetes
- High cholesterol
- Smoking and tobacco use
- Drinking too much alcohol

Complications of untreated hypertension

Uncontrolled high blood pressure can lead to complications including:

- Heart attack or stroke
- Angina
- Heart failure
- Kidney disease or failure
- Loss of vision
- Peripheral artery disease
- Dementia



Retinopathy



Heart failure



Brain stroke



Nephropathy



Atherosclerosis



Reproductive dysfunction

Hypertension management:

- Take prescribed medications and monitor blood pressure at home
- Get regular physical exercise
- Maintain a healthy weight
- Lower your cholesterol and triglyceride levels
- Manage stress
- Avoid smoking
- Follow the DASH eating plan:
 - The Dietary Approaches to Stop Hypertension (DASH) eating plan is rich in fruits, vegetables, and low-fat dairy products, and includes food low in sodium, saturated fat, total fat, and cholesterol. It also includes foods high in calcium and potassium.
- Cut back on sodium (salt). Here is some advice on consuming less sodium:
 - Read labels to check the sodium content in foods
 - Use herbs and spices instead of salt
 - Avoid processed and convenience foods
 - Use fresh ingredients and/or foods with no added salt



Hypertension is a chronic disease. It can be controlled with medication, but it cannot be cured. Therefore, patients need to continue with the treatment and lifestyle modifications as advised by their doctor and attend regular medical follow-ups, usually for life