

Living Healthy With High Blood Pressure

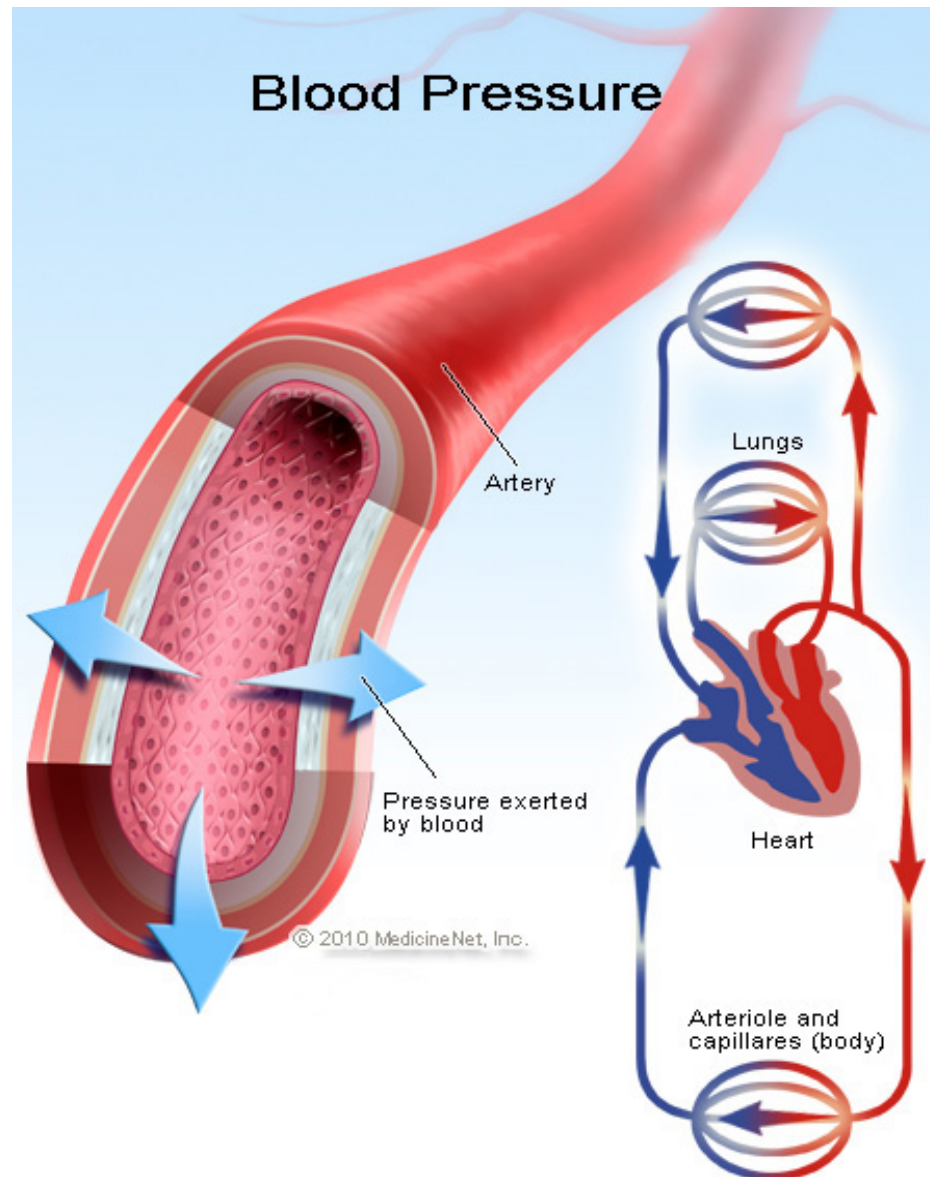
Presented by

Who Has It?

- About 46% of adults according to the new guidelines*
- Age is a factor: 90% chance if you live to 85
- Some ethnic groups more likely than others
- More adolescents being diagnosed too

*New guidelines define hypertension as >130 or >80

What Is It ?



Blood Pressure Categories



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

What Causes It?



I Have It: Why Do I Care?

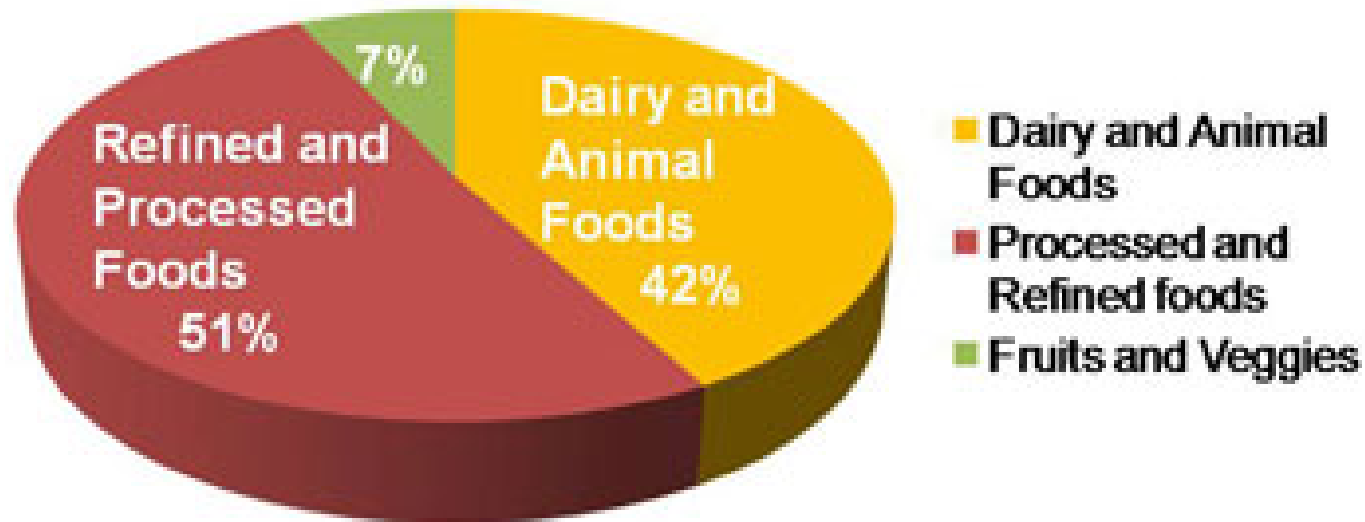
- What are your goals in life?
- Controlling blood pressure reduces risk of:
 - Heart attacks and heart failure
 - Strokes that cause death and/or disability
 - Kidney damage that can result in kidney failure and dialysis
 - Loss of cognitive function
 - Other

Now That I Have It What Can I Do

- Understand the odds are against you, be smart and don't gamble
- Do right with food: DASH
- Do right with exercise: 30 min 3-5 times weekly
- No smoking
- Slow down on the drinking

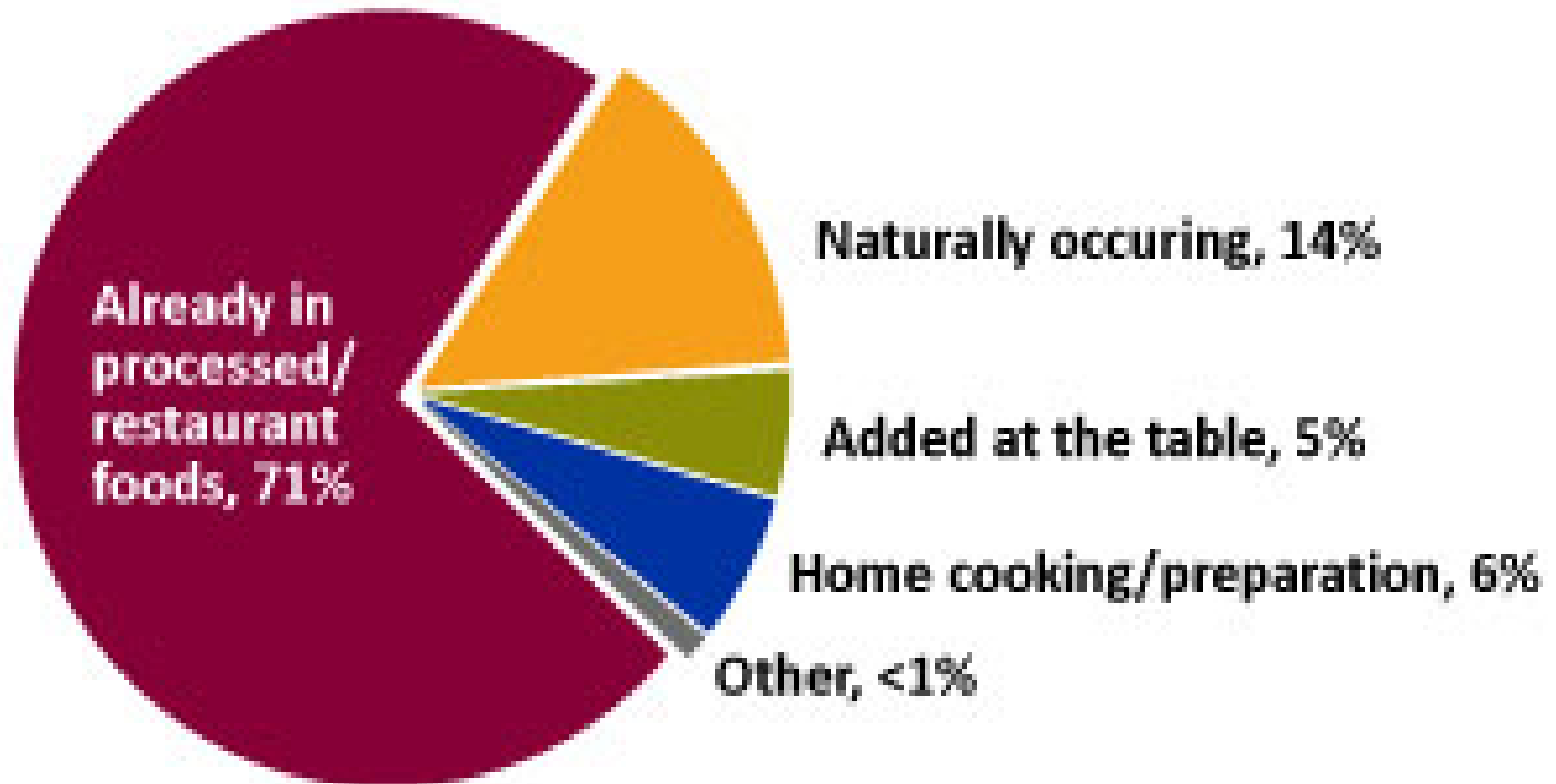
The American Diet: Designed for Disease

Dietary Components



Source: USDA Agriculture Fact Book 98: Chapter 1-A

Most Sodium Consumed Comes from Processed and Restaurant Foods



Harnack LI, Cogswell ME, Shikany JM, et al. Sources of Sodium in US Adults from 3 Geographic Regions. *Circulation*. 2017;135:1775-1783.

Best Proven Nonpharmacological Interventions for Prevention and Treatment of Hypertension*

	Nonpharmacological Intervention	Dose	Approximate Impact on SBP	
			Hypertension	Normotension
Weight loss	Weight/body fat	Best goal is ideal body weight, but aim for at least a 1-kg reduction in body weight for most adults who are overweight. Expect about 1 mm Hg for every 1-kg reduction in body weight.	-5 mm Hg	-2/3 mm Hg
Healthy diet	DASH dietary pattern	Consume a diet rich in fruits, vegetables, whole grains, and low-fat dairy products, with reduced content of saturated and total fat.	-11 mm Hg	-3 mm Hg
Reduced intake of dietary sodium	Dietary sodium	Optimal goal is <1500 mg/d, but aim for at least a 1000-mg/d reduction in most adults.	-5/6 mm Hg	-2/3 mm Hg
Enhanced intake of dietary potassium	Dietary potassium	Aim for 3500–5000 mg/d, preferably by consumption of a diet rich in potassium.	-4/5 mm Hg	-2 mm Hg

Best Proven Nonpharmacological Interventions for Prevention and Treatment of Hypertension* (cont.)

	Nonpharmacological Intervention	Dose	Approximate Impact on SBP	
			Hypertension	Normotension
Physical activity	Aerobic	<ul style="list-style-type: none"> ● 90–150 min/wk ● 65%–75% heart rate reserve 	-5/8 mm Hg	-2/4 mm Hg
	Dynamic resistance	<ul style="list-style-type: none"> ● 90–150 min/wk ● 50%–80% 1 rep maximum ● 6 exercises, 3 sets/exercise, 10 repetitions/set 	-4 mm Hg	-2 mm Hg
	Isometric resistance	<ul style="list-style-type: none"> ● 4 × 2 min (hand grip), 1 min rest between exercises, 30%–40% maximum voluntary contraction, 3 sessions/wk ● 8–10 wk 	-5 mm Hg	-4 mm Hg
Moderation in alcohol intake	Alcohol consumption	In individuals who drink alcohol, reduce alcohol [†] to: <ul style="list-style-type: none"> ● Men: ≤2 drinks daily ● Women: ≤1 drink daily 	-4 mm Hg	-3 mm

*Type, dose, and expected impact on BP in adults with a normal BP and with hypertension.

[†]In the United States, one “standard” drink contains roughly 14 g of pure alcohol, which is typically found in 12 oz of regular beer (usually about 5% alcohol), 5 oz of wine (usually about 12% alcohol), and 1.5 oz of distilled spirits (usually about 40% alcohol).

Still Elevated So Now What?

- *Keep up the healthy lifestyle always!*
- Take your medicine
 - Right medicine
 - Right dose
 - Right way
 - Every day



The Right Medicine

- Finding the right medicine
 - Is not always easy
 - May take a few tries
- When you have the right medicine it:
 - Should control your blood pressure 24 hours a day
 - Will often be more than one kind
 - Should not cause side effects that are bothersome
 - Should be affordable

I Have The Right Medicine

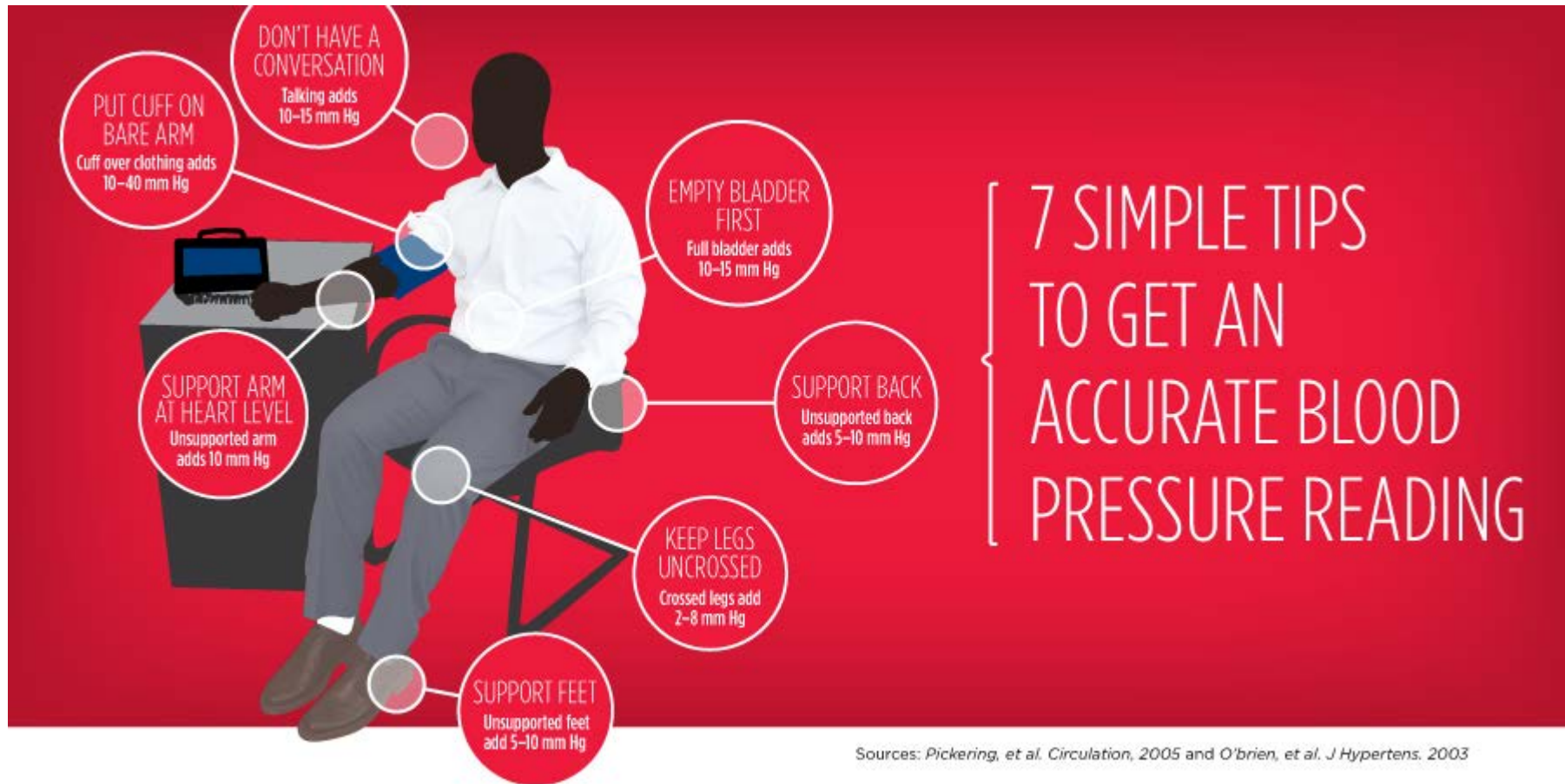
- But I don't always take it
 - Because I feel fine
 - Because I feel bad
 - Because I don't like taking medicine
 - Because my cousin said he read some bad things
 - Because I can't afford it
- I take it regularly and it works well
 - I know if I stop taking it my blood pressure will go back up again
 - I follow up with the doctor regularly
 - I check my blood pressure at home

Why Should I Check My Blood Pressure at Home?

- When done correctly you get the most accurate picture of your blood pressure
- Often used to verify reading from the doctor's office
- You know if your plan is working
- The readings are valuable information for your doctor at your next appointment

Home Blood Pressure: What and How

- Fully automatic upper arm validated device
 - With a cuff that fits
 - With memory for 20 or more readings
 - With directions that you have studied
- When to check your blood pressure
 - First thing in the morning before medicine
 - Before evening meal
- Every day?
 - Not necessarily
 - Once or twice weekly on normal days and a weekend periodically



Sources: Pickering, et al. *Circulation*, 2005 and O'Brien, et al. *J Hypertens*, 2003

Summary

- Most people with high blood pressure feel fine so you can't tell by your feelings
- Poorly controlled blood pressure is a serious problem that can change your life
- Blood pressure can almost always be controlled with medicine and a healthy lifestyle

Thank You !

Your contact info