HYPERTENSION
(HIGH BLOOD PRESSURE)

What is Hypertension?

Blood pressure is the force of blood against the artery walls as it circulates through the body. Blood pressure normally rises and falls throughout the day, but it can cause health problems if it stays high for a long time.

What are the symptoms?

High blood pressure usually has no warning signs or symptoms, so many people don't realize they have it. However, the following symptoms may be produced by extremely high blood pressure:

- Blurred vision
- Nosebleeds
- Headache
- Feeling dizzy
- Fatigue

How is it treated?

Lifestyle changes are vital to controlling high blood pressure. These include:

- Smoking cessation
- Reducing sodium intake
- Weight loss
- Exercise
- Reducing alcohol consumption

Your healthcare provider may prescribe medications to treat hypertension. You may be asked to keep a blood pressure log at home to evaluate how well your treatment plan is

working. It is important to keep all of your scheduled office visits so that your healthcare provider can adjust your treatment as needed.

Who is at risk for Hypertension?
Factors that increase the risk for hypertension include:

- Family history
- Obesity
- Excessive alcohol intake
- Diabetes
- Physical inactivity
- Smoking
- Unhealthy diet

How is Hypertension prevented?
There are several ways to help prevent high blood pressure. These include:

- Check blood pressure regularly
- Eat a healthy diet
- Maintain a healthy weight
- Increase physical activity
- Limit alcohol use
- Don't smoke
- Prevent or manage diabetes

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