



Hypertension

About **70 million** American adults (29%) have high blood pressure—that's 1 of every 3 adults.

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More than **360,000 American deaths** in 2013 included high blood pressure as a primary or contributing cause.² That is almost **1,000 deaths each day**.

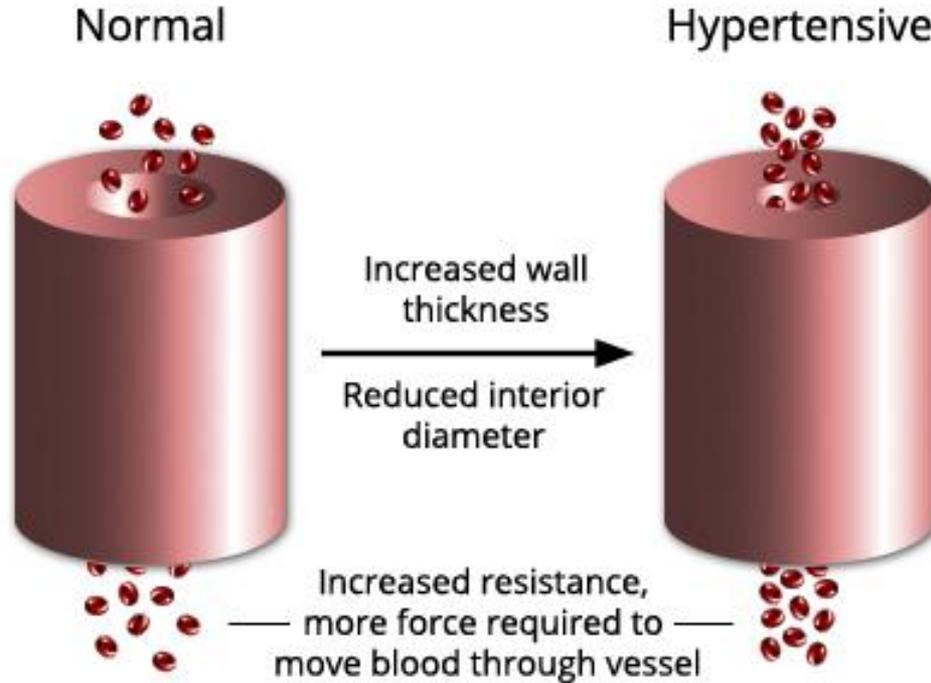
What is Hypertension?

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

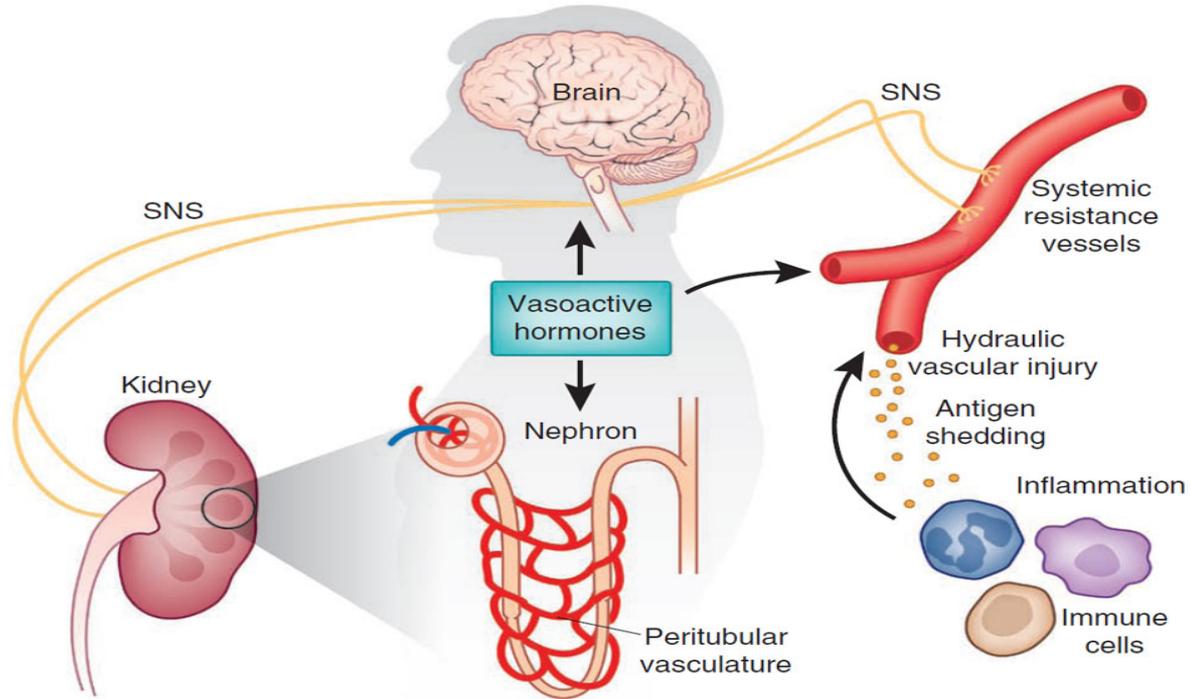
High blood pressure increases your risk for dangerous health conditions:

- **1st heart attack**: About 7 of every 10 people having their first heart attack have high blood pressure.²
- **1st stroke**: About 8 of every 10 people having their first stroke have high blood pressure.²
- **Chronic (long lasting) heart failure**: About 7 of every 10 people with chronic heart failure have high blood pressure.²
- **Kidney disease** is also a major risk factor for high blood pressure.

What goes on in the body?



Mechanism of Blood Pressure



Only **about half (52%)** of people with high blood pressure have their condition under control.¹

How is hypertension diagnosed?

If one's blood pressure is above 140/90, then one will more likely to diagnosed with hypertension.

Device: sphygmomanometer, which consists of a stethoscope, arm cuff, dial, pump, and valve.

Blood Pressure Category	Systolic mm Hg (upper #)		Diastolic mm Hg (lower #)
Normal	less than 120	and	less than 80
Prehypertension	120 – 139	or	80 – 89
High Blood Pressure (Hypertension) Stage 1	140 – 159	or	90 – 99
High Blood Pressure (Hypertension) Stage 2	160 or higher	or	100 or higher
Hypertensive Crisis (Emergency care needed)	Higher than 180	or	Higher than 110

Nearly **1 of 3 American adults** has prehypertension—blood pressure numbers that are higher than normal, but not yet in the high blood pressure range.¹

How can hypertension be prevented?

1. Follow a healthy diet. Limit the amount of sodium (salt) and alcohol that you consume.
2. Be physically active. Routine physical activity can lower HBP and reduce your risk for other health problems.
3. Maintain a healthy weight.
4. Learn to manage and cope with stress.

Given you have hypertension, how can you manage it?

1. Eat a better diet, which may include reducing salt
2. Enjoy regular physical activity
3. Maintain a healthy weight
4. Manage stress
5. Avoid tobacco smoke
6. Comply with medication prescriptions
7. If you drink, limit alcohol

High blood pressure costs the nation **\$46 billion each year**. This total includes the cost of health care services, medications to treat high blood pressure, and missed days of work.²

Works Cited

"How Can High Blood Pressure Be Prevented?" - *NHLBI, NIH*. N.p., n.d. Web. 27 June 2015.

Nature.com. Nature Publishing Group, n.d. Web. 27 June 2015.