

What is Hypertension

Blood pressure is the force of the blood pushing against the artery walls. Each time the heart beats, it is pumping blood into these arteries resulting in the highest blood pressure when the heart contracts and is pumping the blood. High blood pressure, or hypertension, directly increases the risk of coronary heart disease (heart attack) and stroke (brain attack). Hypertension is defined in an adult as blood pressure:

In short, hypertension is high blood pressure.

For more information go to :

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What are the risk factors for high blood pressure?

Nearly half of all Americans have high blood pressure.

It is particularly common in:

- People who have diabetes, gout, or kidney disease
- African Americans, especially those who live in the southeastern U.S.
- People with a family history of high blood pressure
 - People who have a lot of salt in their diet
 - People who are over weight
 - Heavy drinkers of alcohol
- Women who are taking oral contraceptives (birth control pills)
 - People with depression



How is Hypertension Controlled?

These steps can help you control your blood pressure:

- Take prescribed medicine exactly as directed by your healthcare provider.
- Choose foods that are low in salt (sodium).
- Choose foods low in calories and fat.
- Choose foods high in fiber.
- Maintain a healthy weight, or lose weight if you are overweight.
- Limit serving sizes.
- Get more exercise.
- Drink fewer or no alcoholic beverages.

Sometimes you may need to take medicine to control high blood pressure. If you have hypertension, you should have your blood pressure checked routinely and see your healthcare provider to monitor your condition.