PATIENT EDUCATION CONTENT

Blood Pressure

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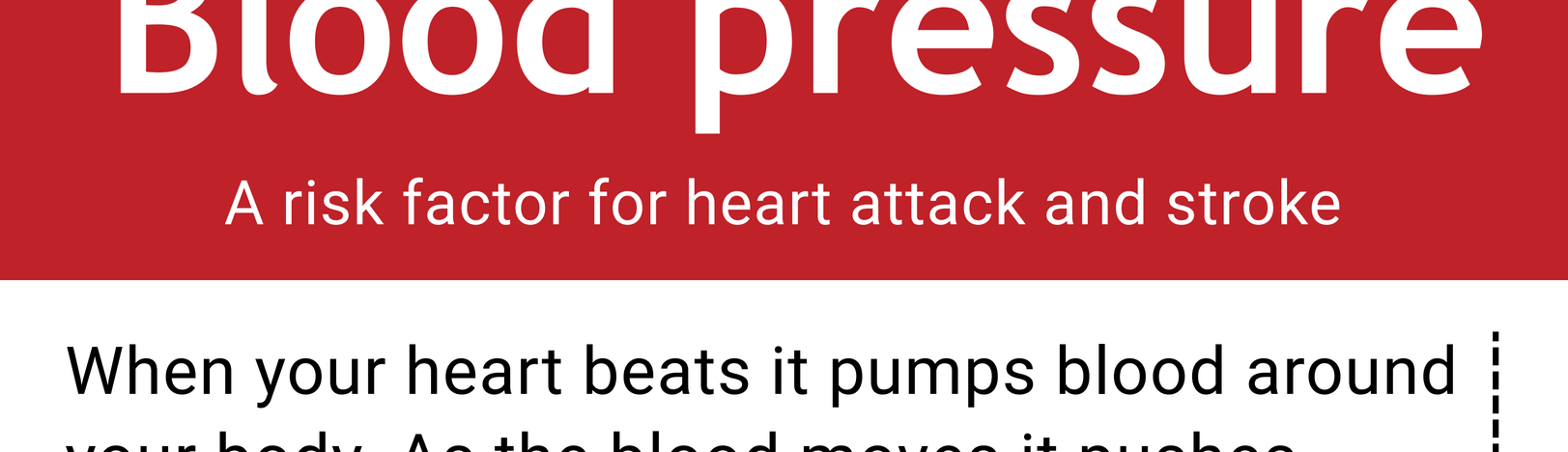
Blood pressure

A risk factor for heart attack and stroke

PUBRICA
Knowledge Works

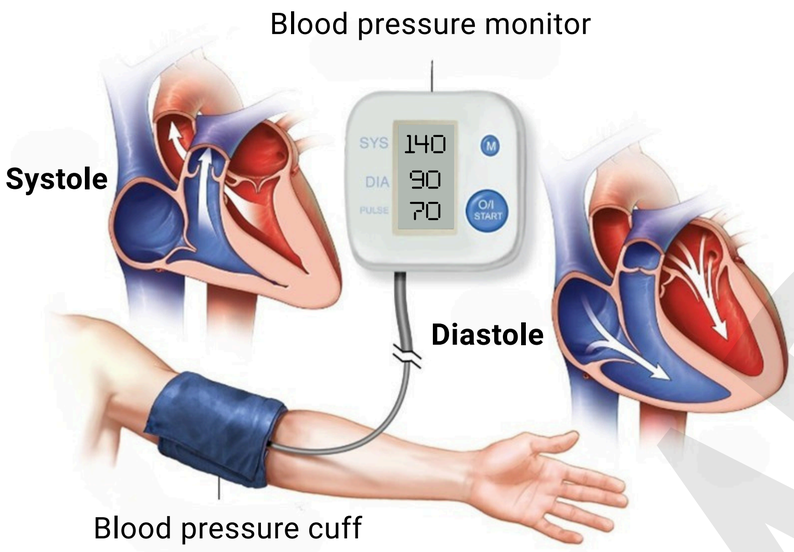
When your heart beats it pumps blood around your body. As the blood moves it pushes against the sides of blood vessels called arteries. The strength of this pushing is your blood pressure

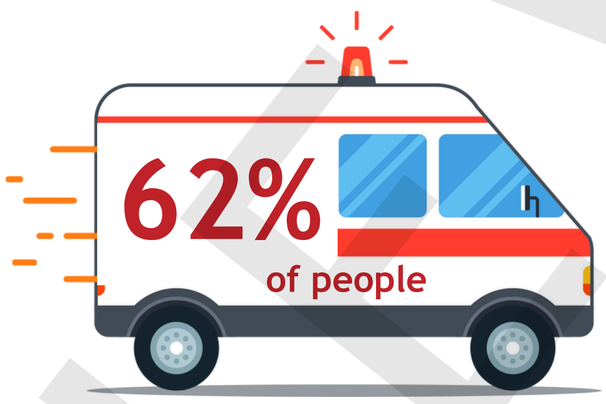
Most people don't know if they have high blood pressure as often there are no symptoms. The only way to find out is to get it checked



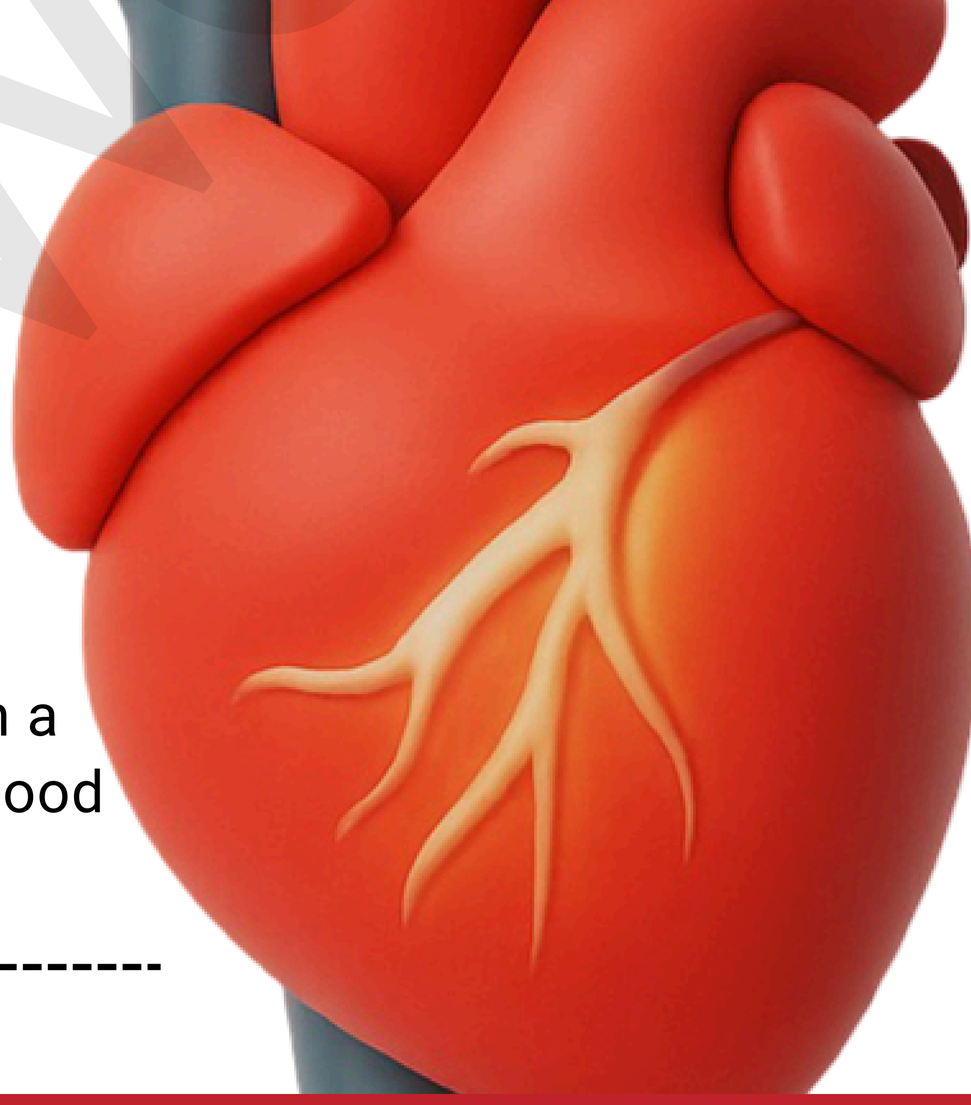
HIGH blood pressure

also called hypertension, puts too much force on your artery walls



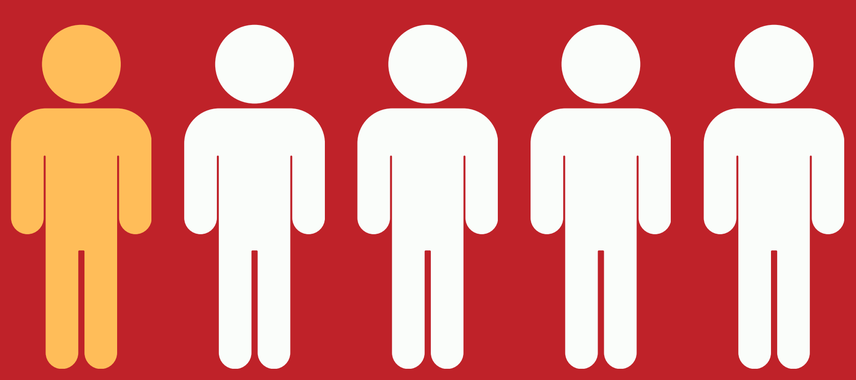


admitted to hospital with a heart attack have high blood pressure



An estimated 1.28 billion adults aged 30–79 years worldwide have hypertension, most (two-thirds) living in low- and middle-income countries.

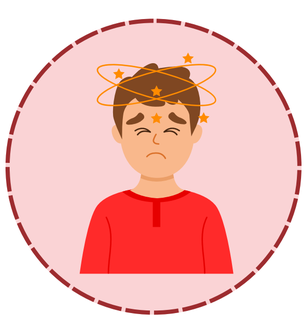
Approximately 1 in 5 adults (21%) with hypertension have it under control.



SYMPTOMS OF HIGH BLOOD PRESSURE

Severe headaches

Chest pain

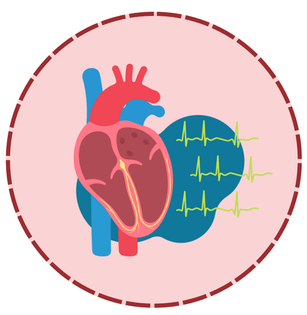


Dizziness

Shortness of breath

Blurred vision

Nosebleeds



Abnormal heart rhythm

Nausea and vomiting

HEALTH PROBLEMS CAUSED BY HIGH BLOOD PRESSURE

Chronic Kidney Disease

Stroke

Pregnancy-Related Complications

Cognitive Decline and Dementia

Other Health Problems

Vision Decline or loss

Heart Disease

Peripheral Artery Disease

RISK FACTORS

MODIFIABLE

- Unhealthy diets
- Physical inactivity
- Consumption of tobacco and alcohol
- Being overweight or obese

NON-MODIFIABLE

- Family history of hypertension
- Age over 65 years
- Co-existing diseases such as diabetes or kidney disease

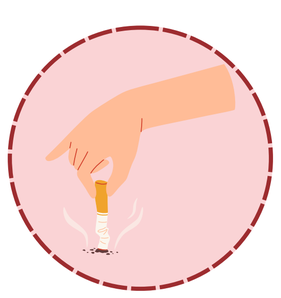
TREATMENT

Lifestyle changes can help lower high blood pressure

Eating a healthy, low-salt diet

Losing weight

Being physically active



Quitting tobacco