

Tips to Help Lower High

Blood Pressure:



Regular doctor appointments



If you smoke, try to quit or smoke less



Physical activity

- 30 minutes of physical activity five days a week



Diet

- Drink water instead of alcohol and coffee
- Eat more fresh fruits and vegetables
- Maintain a healthy weight
- Avoid salty food like pretzels



Medication

- Take your medications every day

More Information:

Deaf Health on High Blood Pressure:

<http://deafhealth.org/diseases/high-blood-pressure>

American Heart Association:

<http://www.americanheart.org>

Physical Activity Web site for more information on being active.

<http://www.cdc.gov/physicalactivity/index.html>

Nutrition, Physical Activity, and Overweight.

<http://www.cdc.gov/nutrition/everyone/basics/fat/saturatedfat.html>



HIGH BLOOD PRESSURE

BY ASHLEY RAIA

What Is Blood Pressure (BP)?

Arteries move blood from the heart to the rest of the body. When your heart beats, it creates pressure in your arteries. Healthy arteries stretch as the heart beats. Pressure is needed to move blood. This is called **blood pressure**.

How is blood pressure measured?

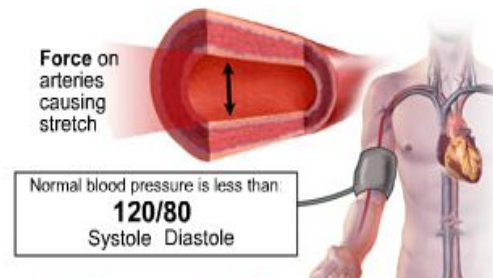
A doctor or nurse will use a special inflatable cuff to measure the pressure in your arteries. It will be tight on your arm but painless.



What is High Blood Pressure?

The blood pressure machine will show two numbers. The top number is when blood is being pumped to your body, called **systolic**. The bottom number is when your heart is at rest, **diastolic**. Normal blood pressure is 120/ 80. High blood pressure is 140 / 90 or higher.

If your blood pressure stays high for a long time, it is called **high blood pressure or hypertension**.



Signs and Symptom

There are no signs and symptoms of hypertension. Visit your doctor every year so your blood pressure can be checked.

You are at risk if you are:

- African American
- Your parents have high blood pressure
- 45 or older

Causes

- Overweight
- A diet high in salt
- Lack of activity
- Smoking
- Stress
- Drinking too much alcohol or caffeine



