

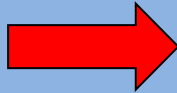


# 17<sup>MAY</sup> World Hypertension Day



## What is hypertension ?

It is a condition in which the pressure in the blood vessels is higher than it should be.



When blood pressure is measured, there are two numbers given, for example 120 over 80.

The first number is the highest pressure recorded in the arteries when the heart contracts (systolic pressure)

The lower one is the pressure that's recorded just before the heart begins to contract again (diastolic pressure).

## What Causes High Blood Pressure?

### What Is "Normal" Blood Pressure?

A blood pressure reading is written like this: 120/80. It's read as "120 over 80." The top number is called the systolic, and bottom number is called the diastolic. The ranges are:

- Normal: Less than 120 over 80 (120/80)
- Elevated: 120-129/less than 80
- Stage 1 high blood pressure: 130-139/80-89
- Stage 2 high blood pressure: 140 and above/90 and above
- **Hypertension crisis: higher than 180/higher than 120 -- See a doctor right away**

## What Causes High Blood Pressure?

The exact causes of high blood pressure are not known, but several things may play a role, including:

- Smoking
- Being overweight or obese
- Lack of physical activity
- Too much salt in the diet
- Too much alcohol consumption (more than 1 to 2 drinks per day)
- Stress
- Older age
- Genetics
- Family history of high blood pressure
- Chronic kidney disease
- Adrenal and thyroid disorders
- Sleep apnea

To avoid a hypertension diagnosis, make these healthy lifestyle choices:



1. **Maintain a healthy weight.**
2. **Eat a balanced diet.**
3. **Cut back on salt.**
4. **Exercise regularly.**
5. **Limit the alcohol.**
6. **Monitor your blood pressure.**