High Blood Pressure

What is Blood Pressure?

Blood pressure is the force of blood against the walls of arteries. Blood pressure is recorded as two numbers—the systolic pressure (when the heart muscle contracts) over the diastolic pressure (when the heart muscle is resting between beats and refilling with blood).

What is High Blood Pressure?

☑ High blood pressure, also known as hypertension, means the blood running through your arteries flows with too much force and puts too much pressure on your arteries, stretching them past their healthy limit and causing small tears.

☑ Our body then kicks into injury–healing mode to repair these tears with scar tissue.

☑ But the scar tissue traps substances that make up plaque and can lead to blockages, blood clots, and hardened, weakened arteries.

Risk factors for high blood pressure

Several factors can increase your risk of high blood pressure:

- ☑ **FAMILY HISTORY**
- ☑ **ADVANCED AGE**
- ☑ **LACK OF PHYSICAL ACTIVITY**
- ☑ **POOR DIET**
- ☑ **GENDER–RELATED RISK PATTERNS**
- ☑ **OVERWEIGHT AND OBESITY**
- ☑ **DRINKING TOO MUCH ALCOHOL**

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How Can I Reduce My Blood Pressure?

The good news is that high blood pressure can be checked, lowered and controlled. Whether your blood pressure is high or normal (normal is less than 120 mm Hg systolic AND less than 80 mm Hg diastolic or <120/80), the following lifestyle modifications can help you live heart and brain healthy:

- Eat a healthy diet, reducing salt intake
- Engage in regular physical activity
- Maintain a healthy weight
- Manage stress
- Avoid tobacco smoke
- Take your medication as prescribed
- If you drink alcohol, limit the amount
- Have your blood pressure checked frequently
- Follow up appointments with your doctor

For more Stroke and General Health Information please scan the QR codes