

## HIGH BLOOD PRESSURE

Did you know?

High blood pressure is a factor in **67%** of heart attacks- the #1 cause of death in the USA.

High blood pressure is a factor in **77%** of strokes- #3 cause of death in the USA.

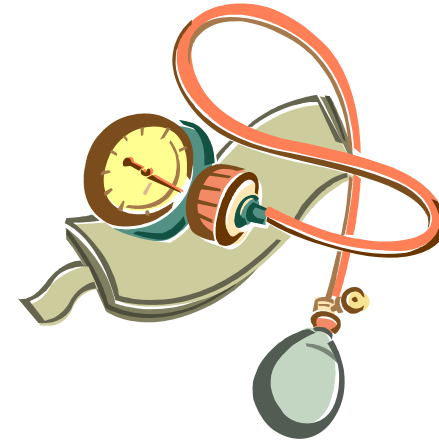
High blood pressure precedes **74%** of cases of heart failure in the USA.

High blood pressure is the 2<sup>nd</sup> leading cause of chronic kidney failure in the USA- #9 cause of death in the USA.

High blood pressure affects circulation- creating a higher risk for mental deterioration and Alzheimer's.

High blood pressure causes more visits to doctors than any other condition. Just a 10% decline in the number of visits would save \$478 million each year.

Provided by Community of Christ Health Ministries Assoc.  
<http://www.americanheart.org/presenter.jhtml?identifier=578>  
[http://hin.nhlbi.nih.gov/nhbpep\\_kit/](http://hin.nhlbi.nih.gov/nhbpep_kit/)



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# BLOOD PRESSURE?

Blood pressure is the force of blood against the walls of arteries. High pressures makes the heart work too hard, hardens the walls of the arteries, and can cause the brain to hemorrhage or the kidneys to function poorly or not at all.

## WHAT'S NORMAL?

Normal blood pressure is less than 120/80 mmHg. **Hypertension** is readings of 140/90 mmHg or more.

## PREVENTION!!!!

- Daily physical activity
- Maintain healthy weight (Body Mass Index <25)
- Low salt and sodium intake
- Good potassium level from fruits and vegetables
- None to moderate alcohol consumption
- Controlling diabetes
- Stress reduction
- Medications as prescribed by your doctor
- Frequent blood pressures to check success!!!

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