

High Blood Pressure (Hypertension)

High Blood Pressure makes the heart work harder

Risk Factors

- Aging
- Race (more common in African Americans)
- Obesity
- Lack of exercise
- Smoking or chewing tobacco
- High stress level
- Drinking alcohol: More than 2 alcoholic drinks per day for men and 1 per day for women.
- High salt/sodium diet
- Low potassium diet
- Diabetes
- Kidney Disease
- Sleep Apnea
- High cholesterol
- Family history of high blood pressure

High blood pressure can lead to:

- Heart attack
- Stroke
- Heart Failure
- Kidney problems
- Memory problems
- Weak blood vessels

Possible Symptoms*

- Headache
- Dizziness
- Nausea
- Vision problems
- Chest pain
- Nose bleed

*** Most people have no symptoms with high blood pressure.**

Ways to control high blood pressure

- Maintain a healthy weight
- Exercise
- Quit smoking
- Low salt/sodium diet
- Limit alcohol
- Reduce stress
- Keep regular doctor appointments
- Take all of the medicines ordered by your doctor

