



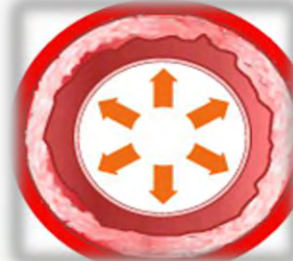
High Blood Pressure

Public Education Slide Kit

Updated 2014

What is blood pressure?

- Your heart pumps blood around your body.
- Blood pressure is the force of blood against your blood vessels as it circulates through your body. This force is necessary to make the blood flow, delivering nutrients and oxygen throughout your body.
- However, high blood pressure, also called hypertension, means there is too much pressure in your blood vessels. This can damage your blood vessels and cause health problems.
- Usually, you can't feel changes in your blood pressure.



All about blood pressure

- What is blood pressure ?
- Damaging effects of high blood pressure on your body
- How to prevent high blood pressure
- How to find out if you have high blood pressure
- How to treat high blood pressure

What should your blood pressure be?

Healthy Blood Pressure at your Health Provider's Office

Most people including
those with kidney disease

Less than 140/90 mmHg

People age 80 years
or more

Less than 150/90mmHg

Most people with diabetes

Less than 130/80 mmHg

What do blood pressure measurements mean?

Systolic pressure

- The pressure in your blood vessels when your heart beats



120

Diastolic pressure

- The pressure in your blood vessels when your heart is at rest between beats



80

What is high blood pressure?

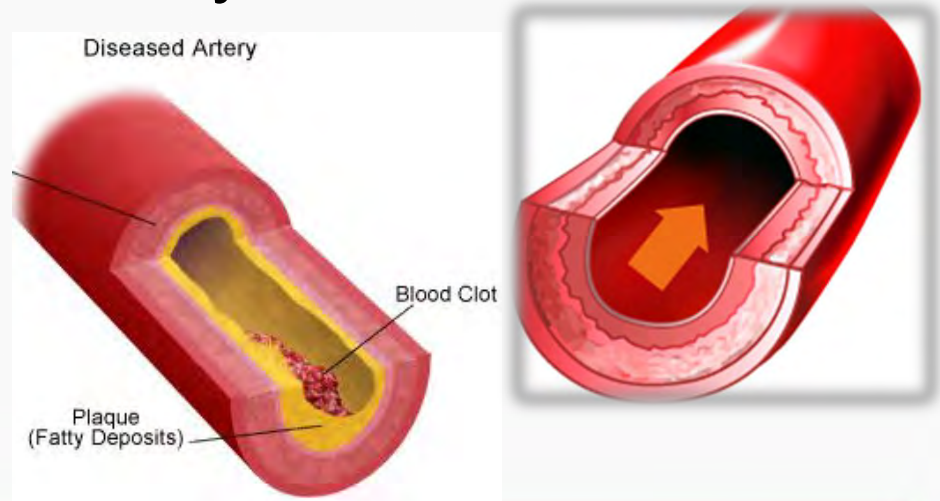
High blood pressure = Hypertension

- The only constant thing about blood pressure is that it changes constantly depending on the time of day and what you are doing
- When your blood pressure is usually above the healthy range, you have high blood pressure or hypertension

Most people can't tell whether their blood pressure is high:
that's why it is called the silent killer

Why does blood pressure increase?

- Blood pressure increases with age because blood vessels narrow as we age
- As a result your heart works harder to pump blood through your blood vessels
- This causes the pressure in your blood vessels to increase



Question

- A blood pressure greater than or equal to 140/90 mmHg is considered too high in your health care provider's office.
 - A. True
 - B. False

Answer

- A blood pressure greater than or equal to 140/90 mmHg is considered too high in your health care provider's office.

A. True

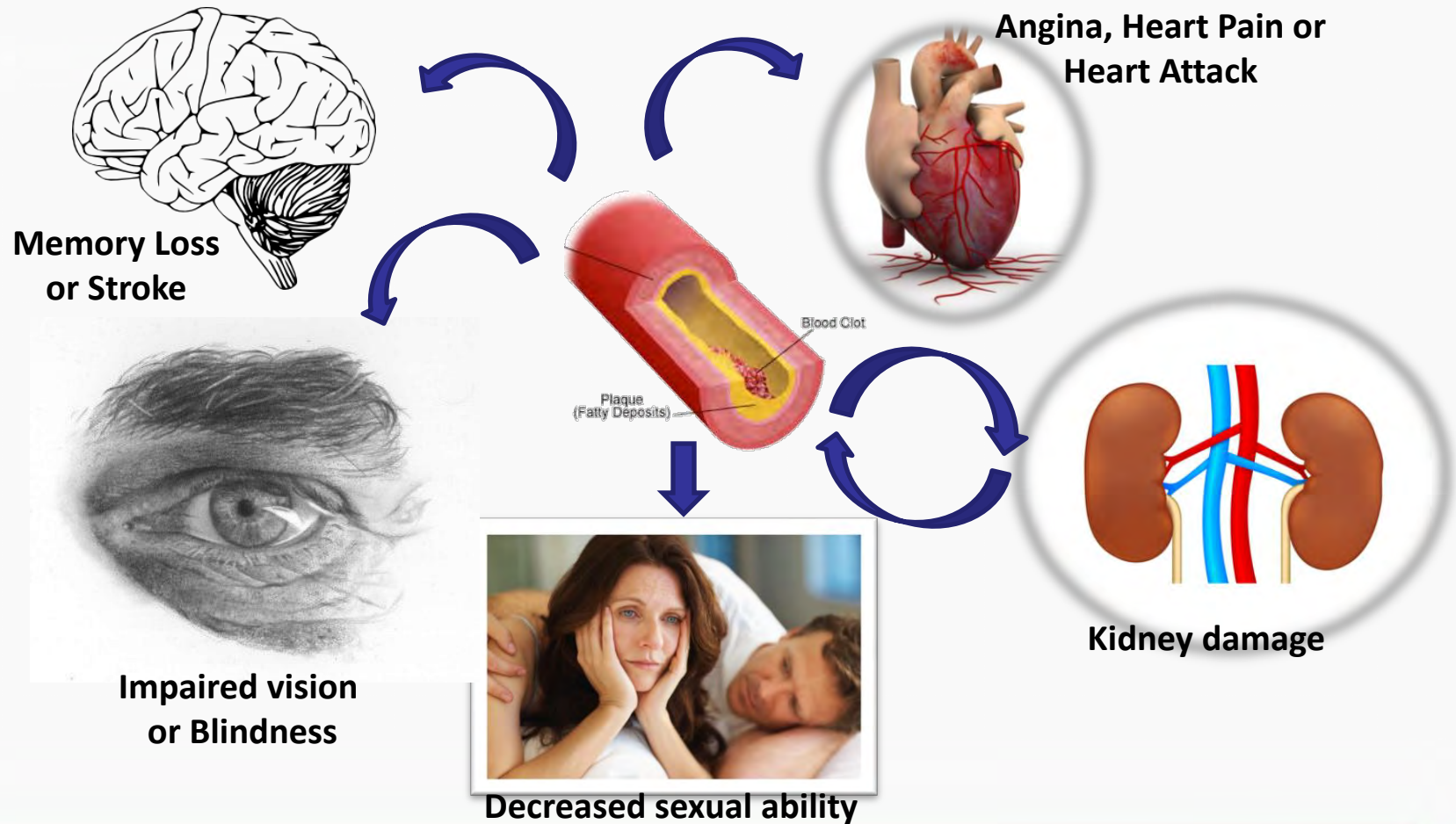
B. False

- For persons with diabetes blood pressures greater than or equal to 130/80 are too high.
- A blood pressure consistently greater than or equal to 135/85 mmHg is considered to be high if you measure it at home.

High blood pressure can harm you

Therefore, it's important for you to know your blood pressure so you can take measures to decrease it.

How does high blood pressure harm the body?



How can you prevent high blood pressure?

For most of us, high blood pressure is preventable.

What causes high blood pressure?

Factors You Can Control	Factors You Cannot Control
<ul style="list-style-type: none">• Diet• Smoking• Excessive alcohol consumption• Lack of exercise• Obesity• Stress• Sleep apnea• Diabetes• Kidney disease	<ul style="list-style-type: none">• Age• Sex• Family history

You can lower your blood pressure with the word “PRESSURE”

Get regular **P**hysical activity

Reduce your weight

Eat a healthy diet

Stop smoking

Eat less **S**odium

You **U** can control your blood pressure

Take you **R** medications

Avoid **E**xcess alcohol

Lower your blood pressure



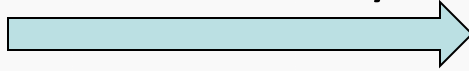
Physically
Active



- Get 30 to 60 minutes of exercise per day
- If you are overweight, losing 10 lbs (5 Kg) will reduce high blood pressure



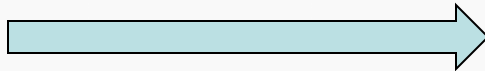
Eat Healthy



- Eat a healthy diet: fresh fruits & vegetables, low fat dairy, whole grains, low fat meat, fish, poultry



Smoke-Free

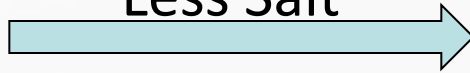


- Stop smoking and lower your risk for organ damage. Ask your healthcare provider for proven methods to quit, forever

Lower your blood pressure



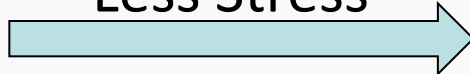
Less Salt



- Hidden Salt
- Processed and restaurant foods contain high amounts of salt



Less Stress



- You can control your blood pressure:
Reduce stress



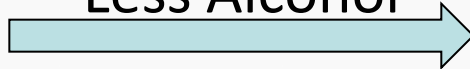
Medications



- If you are on medications: take them as directed by your healthcare provider



Less Alcohol



- Limit alcohol to less than 2 drinks a day for men and approximately 1 drink a day for women

Healthy diet

- A high sodium diet can increase blood pressure

Choose more often

- Fresh fruits and vegetables
- Low-fat milk products
- Whole grains
- Low-fat meat, fish, chicken and turkey
- Use herbs and spices to replace salt
- Foods with 5% or less of the daily value of sodium

Choose less often

- Fast food, restaurant and packaged foods
- Foods with more than the 15% daily value of sodium
- Ketchup, mustard, soy sauce, gravy
- Pickled foods, olives, salsa, chips
- Cured/smoked meat or fish

How to read food labels

Nutrition Facts		
Valeur nutritive		
Per 1 bowl (300 g) / Pour 1 bol (300 g)		
Amount		% Daily Value
Teneur		% valeur quotidienne
Calories / Calories 440		
Fat / Lipides 19 g		29 %
Saturated / Saturés 4 g		21 %
+ Trans / Trans 0.2 g		
Cholesterol / Cholestérol 35 mg		
Sodium / Sodium 860 mg		36 %
Carbohydrate / Glucides 53 g		18 %
Fibre / Fibres 4 g		16 %
Sugars / Sucres 6 g		
Protein / Protéines 15 g		
Vitamin A / Vitamine A		45 %
Vitamin C / Vitamine C		4 %
Calcium / Calcium		20 %
Iron / Fer		20 %

Check the serving size

Aim for less than 5% Sodium

Question

- High blood pressure is a major cause of stroke and dementia.
 - A. True
 - B. False

Answer

- High blood pressure is a major cause of stroke and dementia.
 - A. True
 - B. False
 - It also can cause: heart disease, kidney, and eye disease along with erectile dysfunction
 - Other major risk factors include smoking, poorly controlled diabetes and high blood cholesterol.
 - On average, each risk factor doubles the risk of having a stroke or developing heart disease
 - The more risk factors a person has, the greater the risk of having a stroke or developing heart disease
 - The good news is that hypertension can be controlled

Question

- You can usually tell if your blood pressure is high by the way you feel.
 - A. True
 - B. False

Answer

- You can usually tell if your blood pressure is high by the way you feel.

A. True

B. False

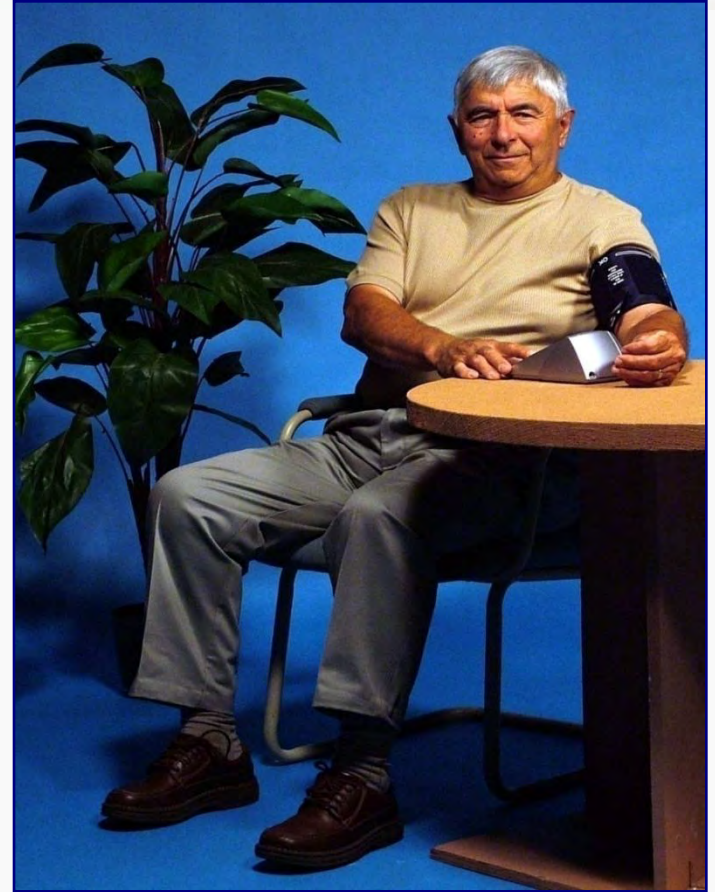
- The only way to find out if blood pressure is too high is to measure it.
- There are usually no warning signs or symptoms.
- Blood pressure should be measured on a regular basis.
- If a blood pressure reading is high, follow up readings with a health professional are required to confirm your blood pressure levels.
- If a blood pressure levels are borderline high, annual checks of blood pressure are recommended
- If blood pressure levels are normal, checks should occur about every two years.

Measuring your blood pressure

How do I know if I have high blood pressure?

Remember:

- You can't feel high blood pressure
- You have to measure your blood pressure to know if you have hypertension



How often should you measure blood pressure?

- If you have diabetes or kidney disease you should be checking your blood pressure frequently, no matter what your blood pressure is.

If your blood pressure is...

You should measure it at least...

Normal (lower than 130/80)

Every 2 years

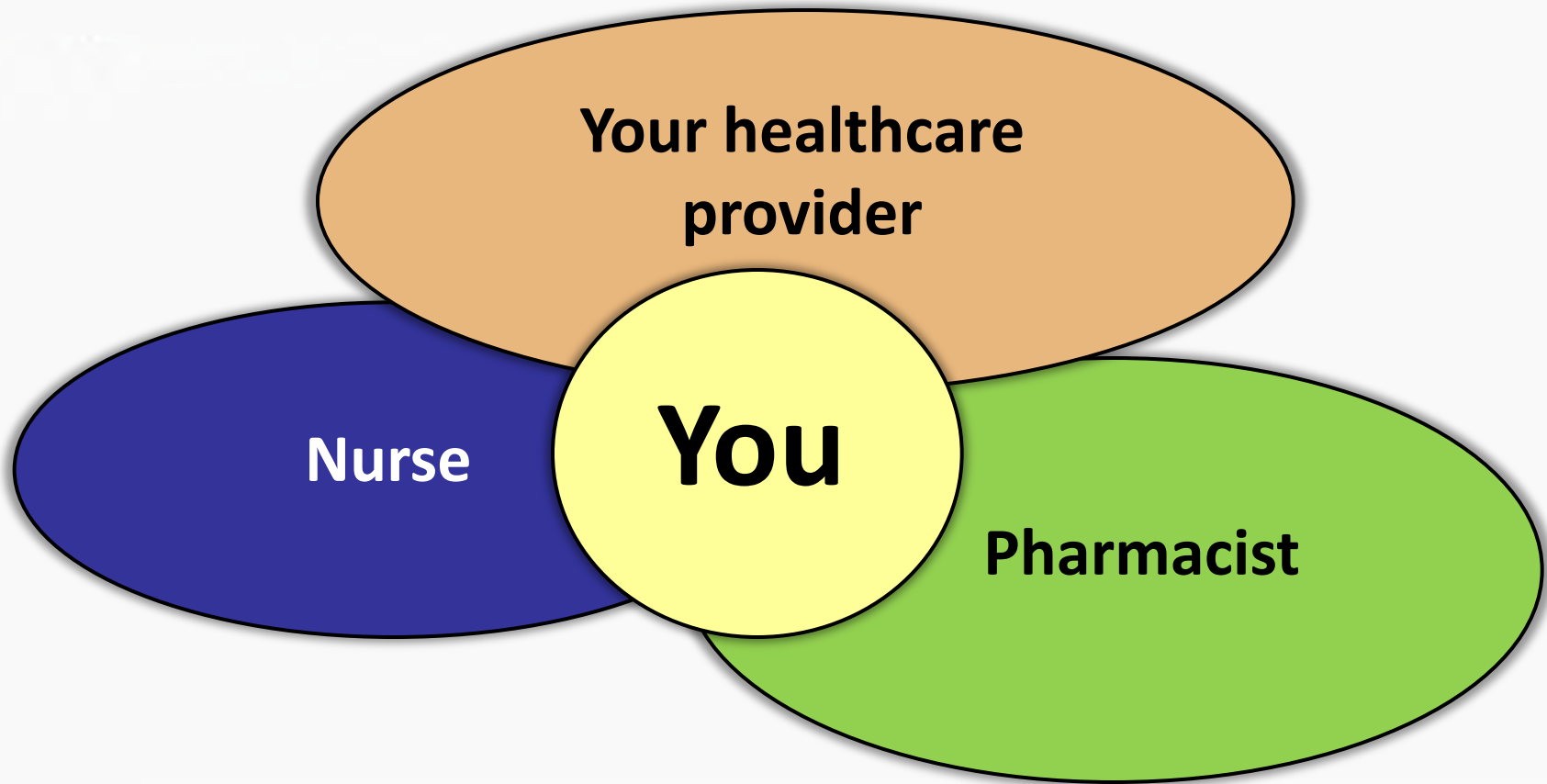
High normal (between 130-139/85-89)

Yearly

High (more than 140/90)

Frequently

Who can check your blood pressure?



Buying a blood pressure monitor for home

- Look for a blood pressure monitor approved by Hypertension Canada
- Have your arm measured for the right cuff size by a healthcare professional



For a complete list of approved devices visit:

<http://www.hypertension.ca/devices-endorsed-by-hypertension-canada-dp2>

Measuring your blood pressure at home

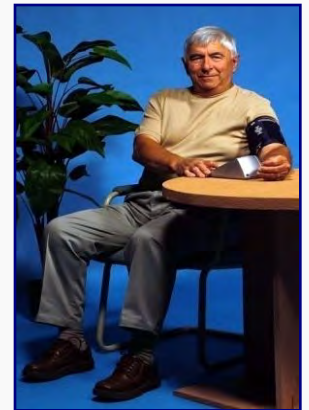
<http://www.youtube.com/watch?v=eqajdX5XU9Y&feature=plcp>



The 'Dos' of blood pressure monitoring

Do:

- Carefully read instructions for your blood pressure monitor
- Go to the bathroom before taking your pressure
- Sit comfortably: feet flat on floor, back supported, arm at heart level
- A bare arm is the preferred method (or a thin layer of clothing) on your upper arm
- Put cuff on and wait for 5 minutes
- Take two readings – wait 1 to 2 minutes between readings
- Record date and time with measurement
- Show your readings to your healthcare provider



For more tips visit: <http://www.hypertension.ca/public-dp1>

The 'Don'ts' of blood pressure monitoring

Don't:

- Cross your legs
- Take your pressure if you're in a hurry
- Smoke 30 minutes before measuring
- Drink caffeine 30 minutes before measuring
- Eat a big meal for 2 hours before measuring
- Wear tight clothing
- Talk or watch TV during a measurement
- Measure your pressure if you are cold, nervous, uncomfortable, or in pain.

For more tips visit: <http://www.hypertension.ca/public-dp1>

What should my blood pressure be?

Normal Blood Pressure

Most people at doctor's office including people with kidney disease

Less than 140/90 mmHg

People age 80 years or more

Less than 150/90 mmHg

Most people at home

Less than 135/85 mmHg

People with diabetes

Less than 130/80 mmHg

Question

- Having one elevated blood pressure reading means that you have high blood pressure.
 - A. True
 - B. False

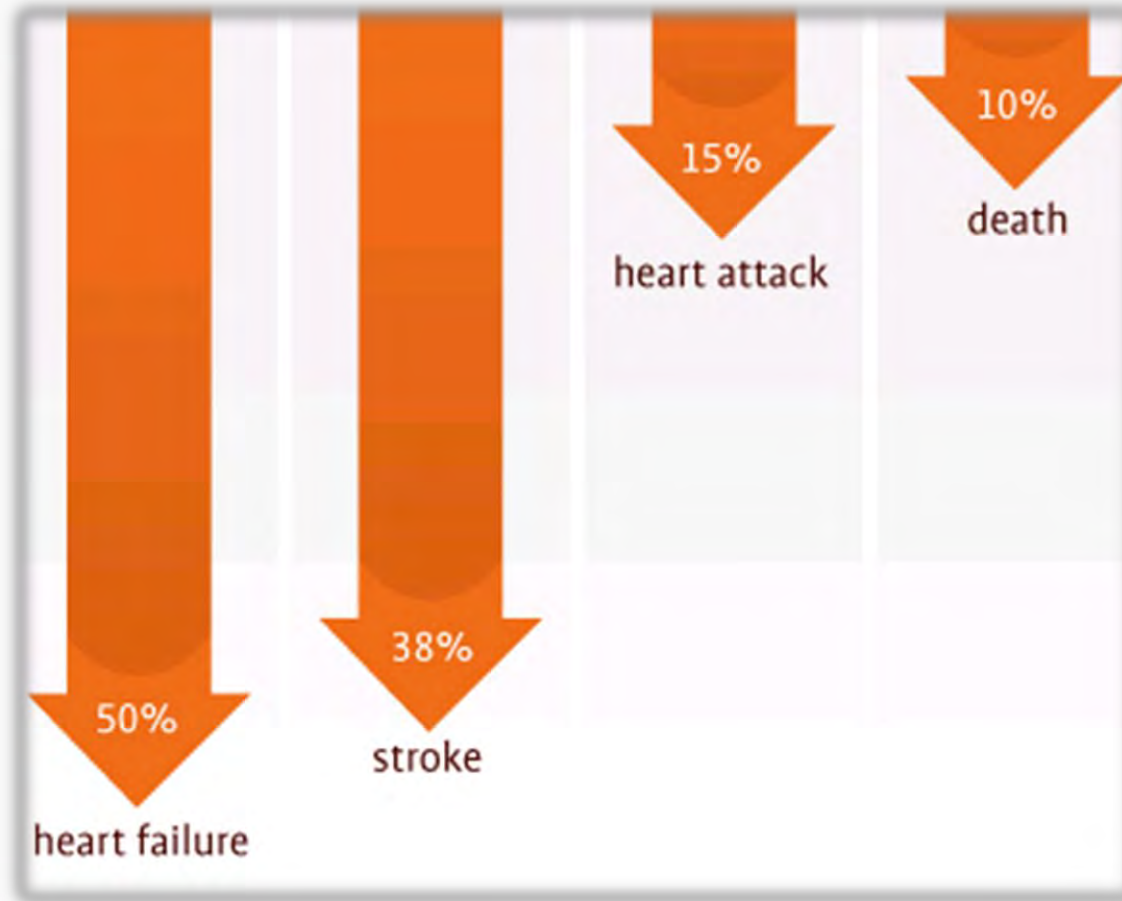
Answer

- Having one elevated blood pressure reading means that you have high blood pressure.
 - A. True
 - B. False**
- Blood pressure varies from day to day and can be affected by many factors.
- Many people will have normal blood pressure on retesting after one high reading
- Generally, several readings must be taken to confirm a high blood pressure diagnosis.
- If someone's blood pressure remains elevated after 3 or 4 repeat measures, it probably means the person does have high blood pressure.

What if I have high blood pressure?

What can I do?

Why treat hypertension?



A decrease of 10/5mm Hg (one medication or a change in lifestyle) reduces your risk of developing serious hypertension-related diseases.

Treatment Can Help



Controlling your blood pressure may need healthy lifestyle choices **and** medication

Taking Medication for High Blood Pressure

- Medications only work if you take them!
- Most medications take up to six weeks to show their full effect so be patient
- Stopping a treatment when blood pressure returns to normal can cause your blood pressure to rise again to dangerous levels
- Because the medications have controlled the blood pressure does not mean that the blood pressure has been completely cured.



Taking Medication for High Blood Pressure

- Many drugs that lower blood pressure also prevent heart attacks and strokes
- Most people need 2 or more drugs to control their blood pressure and, for the most part, need to stay on them for life.
- Lifestyle changes are also needed



Question

- If you are taking pills for high blood pressure you will need to stay on them the rest of your life.
 - A. True
 - B. False

Answer

- If you are taking pills for high blood pressure you will need to stay on them the rest of your life.
 - A. True
 - B. False
 - C. Mostly true
- Some people can reduce or even stop their medications with healthy lifestyle modifications.

Question

- Once I start taking pills for my high blood pressure, I don't have to worry as much about lifestyle choices.
 - A. True
 - B. False

Answer

- Once I start taking pills for my high blood pressure, I don't have to worry as much about lifestyle choices.

A. True

B. False

- Lifestyle changes are just as important as medication for controlling high blood pressure.
- Stopping lifestyle modification has the same effect as stopping medications. Your blood pressure increases.

Question

- When looking at pre-packaged food labels, what is the highest % Daily Value of sodium that you should be looking for?
 - A. 5%
 - B. 15%
 - C. 20%
 - D. 25%

Answer

- When looking at pre-packaged food labels, what is the highest % Daily Value of sodium that you should be looking for?

A. 5%

B. 15%

C. 20%

D. 25%

5% daily value
of sodium is a
little

15% daily value
of sodium is a lot



Know your blood pressure

You can measure and manage your blood pressure!

Get regular **P**hysical activity

Reduce your weight

Eat a healthy diet

Stop smoking

Eat less **S**odium

Yo**U** can control your blood pressure

Remember your medications

Avoid **E**xcess alcohol

To learn more

- www.hypertension.ca
- www.lowersodium.ca
- www.sodium101.ca
- www.dietitians.ca
- www.heartandstroke.ca/bp
- www.dashdiet.ca
- www.healthcheck.org
- www.publichealth.gc.ca

<http://www.hypertension.ca/public-dp1>



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What Do I Need To Know?



What Can I Do?

