

What is Hypertension / HIGH Blood Pressure (HBP)

Blood pressure is the force of blood pushing against the walls of the arteries as the heart pumps blood.

If this pressure rises and stays high over time, it can damage the body in many ways. "The condition itself usually has no symptoms. You can have it for years without knowing it. During this time, though, HBP can damage the heart, blood vessels, kidneys, and other parts of your body.



Knowing your blood pressure numbers is important, even when you're feeling fine.

Blood Pressure	Guidelines
Normal	120/80 to 129/84
High Normal	130/85 to 139/89
High (hypertension)	Above 140/90

If your blood pressure is normal, you can work with your health coach to keep it that way.



If your blood pressure is too high, treatment may help prevent damage to your body's organs.

Blood pressure tends to rise with age. Following a healthy lifestyle helps some people delay or prevent this rise in blood

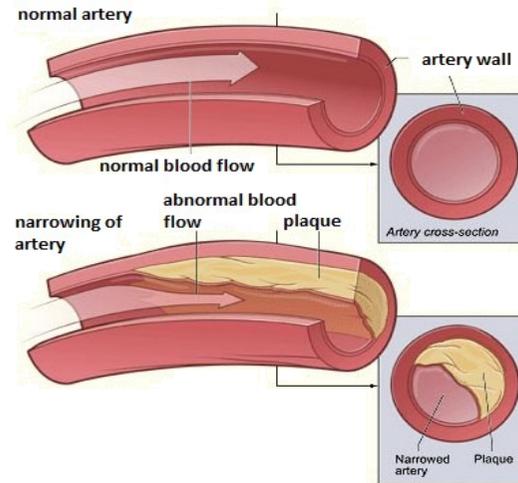
pressure.

People who have HBP can take steps to control it and reduce their risk of related health problems. Key steps include following a healthy lifestyle, having ongoing medical care, and following your treatment plan.

What Are the Signs and Symptoms of High Blood Pressure?

High blood pressure (HBP) itself usually has no signs or symptoms. Rarely, headaches may occur.

You can have HBP for years without knowing it. During this time, the condition can damage your heart, blood vessels, kidneys, and other parts of your body.



High Blood Pressure can cause:

The heart to get larger or weaker, which may lead to heart failure. Heart failure is a condition in which the heart can't pump enough blood to meet the body's needs.

Aneurysms (AN-u-risms) to form in blood vessels. An aneurysm is an abnormal bulge in the wall of an artery. Common spots for aneurysms are the main artery that carries blood from the heart to the body; the arteries in the brain, legs, and intestines; and the artery leading to the spleen.

Blood vessels in the kidney to narrow. This may cause kidney failure.

Arteries throughout the body to narrow in some places, which limits blood flow (especially to the heart, brain, kidneys, and legs). This can cause a heart attack, stroke, kidney failure, or amputation of part of the leg.



How Is High Blood Pressure Treated?

High blood pressure (HBP) is treated with lifestyle changes and medicines.

Most people who have HBP will need lifelong treatment. Sticking to your treatment plan is important. It can help prevent or delay problems related to HBP and help you live and stay active longer.

Lifestyle Changes

Healthy lifestyle habits can help you control HBP. These habits include:

- Following a healthy diet
- Being physically active
- Maintaining a healthy weight
- Quitting smoking
- Managing your stress and learning to cope with stress



What can cause High Blood Pressure?

The exact causes of high blood pressure are not known. Several factors and conditions may play a role in its development, including:

- Smoking
- Being overweight or obese
- Lack of physical activity
- Too much salt in the diet
- Too much alcohol consumption
- Stress
- Older age
- Genetics
- Family history of high blood pressure
- Chronic kidney disease
- Adrenal and thyroid disorders



Who Is More Likely to Develop High Blood Pressure?

- People with family members who have high blood pressure.
- People who smoke.
- African-Americans.
- Women who are pregnant.
- Women who take birth control pills.
- People over the age of 35.
- People who are overweight or obese.
- People who are not active.
- People who drink alcohol excessively.
- People who eat too many fatty foods or foods with too much salt.



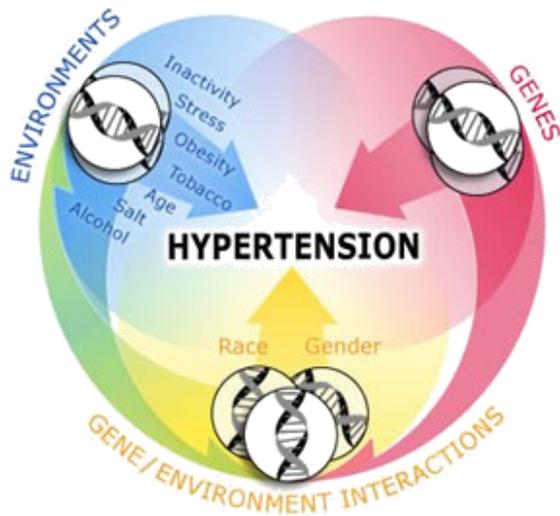
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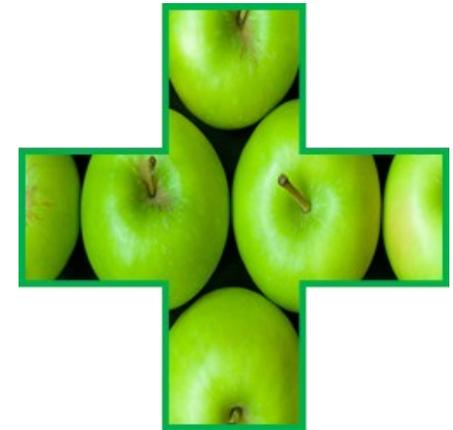
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WELLNESS PROGRAMMES



HYPERTENSION / HIGH BLOOD PRESSURE

