

High Blood Pressure (Hypertension)

What is high blood pressure?

- High blood pressure means that the pressure of the blood in your arteries is too high. Blood pressure is measured as two figures, for example 120/80 mmHg.
- You have "high blood pressure" if you have several high readings (140/90 or above) taken on different days when you are relaxed.
- When treated for high blood pressure, the usual target is to get the pressure below 140/185.
- If you have diabetes, heart disease, or kidney disease, your doctor may advise an even lower target of below 130/80.

High blood pressure is more common in people....

- with diabetes
- from African-Caribbean origin
- from the Indian subcontinent
- with a family history of high blood pressure
- with certain lifestyles factors (like those who are overweight, eat a lot of salt, don't exercise enough, etc.)

For more information, visit
www.shifaclinic.org
Contact us: (916) 441-6008
419 V. St, Sacramento, CA





General Facts

- high blood pressure usually causes no symptoms. However, over the years, it can damage the arteries and heart.
- Having high blood pressure is one of the risk factors that can increase your chance of developing heart disease, stroke, or other serious health conditions.

Treatments

- Medication is advised if blood pressure remains at 160/100 or above.
- Medication is also advised if you have other increased health risks (for example, high cholesterol), or if you already have a heart disease or have had a stroke.
- One drug may control high blood pressure, but it is common to need two or more different drugs to lower high blood pressure to a target level.

Helpful Lifestyle Changes

- If you're overweight, losing weight can make a big difference; blood pressure can fall up to 2.5/1.5 mmHg per each kilogram lost.
- Aim to do at least 30 minutes of physical activity five or more days a week.
- Lower salt intake to no more than 5-6 grams a day.
- Quit smoking

