HYPERTENSION

WHAT IS BLOOD PRESSURE?

Blood pressure is the force blood exerts against the artery walls every time the heart beats.

WHAT IS HYPERTENSION OR HIGH BLOOD PRESSURE?

Hypertension occurs when there is a blood pressure increase over the desired levels. This means the heart is working in excess and wasting more energy to do it. Over time, this condition could damage blood vessels and other organs. High blood pressure may occur if your arteries are too narrow, which makes it harder for blood to pass through.

Normal blood pressure in non-hypertensive adults should be less than 120/80. High blood pressure occurs when it is over 130/80. Usually, high blood pressure shows no symptoms. It's possible for you not to know you have this condition until your doctor or health care practitioner checks your blood pressure. To reach a hypertension diagnosis, blood pressure should be checked over a period of several weeks.

The number on top
Represents the pressure in the arteries when the heart beats. It is known as systolic pressure.

The number at the bottom
Represents the pressure in the arteries when the heart rests between beats. It is known as diastolic pressure.

Talk to your doctor about a plan to control your hypertension. The goal for diabetes patients should be less than 130/80 mmHg.

WHAT ARE SOME OF THE FACTORS THAT COULD CONTRIBUTE TO HYPERTENSION?

Although the causes for hypertension are unknown, there are many associated factors.
- Family history
- Obesity
- Smoking
- Excess sodium (salt) intake
- Nervous tension or stress
- Excess fat intake
- Insufficient exercise
- Excessive consumption of alcohol
- Excessive consumption of caffeine

WHAT COULD BE SOME OF THE RELATED COMPLICATIONS?

If hypertension goes untreated, it could result in:
- Heart attack
- Stroke
- Kidney failure
- Angina
- Heart failure
- Blindness
- Death

HOW TO CONTROL HYPERTENSION

Hypertension can be controlled. Some suggestions to do this are:
- Maintain a well-balanced nutrition that is low in fat, cholesterol, and sodium
- Eat more fruits and vegetables
- Read the nutrition labels
- Avoid excess alcohol
- Avoid excess caffeine
- Manage your weight
- Exercise (20 to 30 minutes, 3 to 4 times a week)
- Manage your stress
- Quit smoking
- Use the medications your doctor prescribes

For more information, please call the Preventive Management Unit at **787-277-6571**.

TRIPLE-S SALUD
BlueCross BlueShield of Puerto Rico

urac
ACCREDITED
Health Plan
Expires 03/01/2020