



Hypertension



What is blood pressure

Blood pressure is the force of the blood pushing against the artery walls. Each time the heart pumps blood into the arteries, the blood pressure is reach its peak and this is called **systolic pressure.**

Between heartbeats, the heart does not pump blood, so the pressure reaches its lowest level, which is called **diastolic pressure.**



What are blood pressure rates?

Ideal Rate

less than 120/80

Normal Rate

120/80

Pre-hypertension Rate

Between 120/80 & 140/90

Hypertension Rate

Above 140/90



What are the types of hypertension?

Primary Hypertension

- ✓ **Mostly developed by adults**
- ✓ **It has no main cause**
- ✓ **It may develop gradually over time**

Secondary Hypertension

Hypertension that is associated with taking certain medications or with certain conditions, such as:

Kidney issues

Sleep apnoea

Thyroid issues

Adrenal gland tumors

**Some drugs such as
contraceptive pills,
certain flu, cold and
nasal congestion
medication**

**Genetic disorder in
blood vessels**

**Illicit drugs, such as:
Cocaine and
amphetamine.**

**Abuse of pain
relievers and
prescribed
medications**



What are hypertension signs and symptoms?

Most people with hypertension do not develop signs or symptoms, even if the blood pressure readings are always high. However, some people may develop symptoms such as headache, shortness of breath, or nosebleed.

But these symptoms and signs are inexact and do not tell for sure if the person has hypertension, and they often do not occur unless the readings are at very high levels and life-threatening.



What are the risk factors for hypertension?



Age



Family history



Sedentary lifestyle



**Obesity /
Overweight**



Smoking



**Excessive sodium
consumption**



**Potassium
deficiency**



Stress



What are hypertension complications?



Stroke



Heart attack



Heart failure



Kidney disease



Early death



How do I control blood pressure?

There are some medications to treat hypertension, but it is important to remember:



That one type of medication is not enough to control blood pressure. A patient may need more than one drug.



To take prescribed medication regularly and stick to the prescribed doses.



Ask your doctor for alternatives if you experienced side effects when taking medication.



Apart from medication treatment, how do I control my blood pressure at home?

Stick to a healthy diet that is rich in potassium and fiber.

Stay hydrated.

Do exercises such as:

Walking for 30 minutes a day.

Quit smoking.

Limit your sodium/salt intake to 1 teaspoon per day (less than 1,500 mg).

Avoid stress and pressure, do relaxation and meditation exercises (yoga).

Maintain a healthy weight.

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إدارة التثقيف الصحي

Patient Education Department

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