

Hypertension

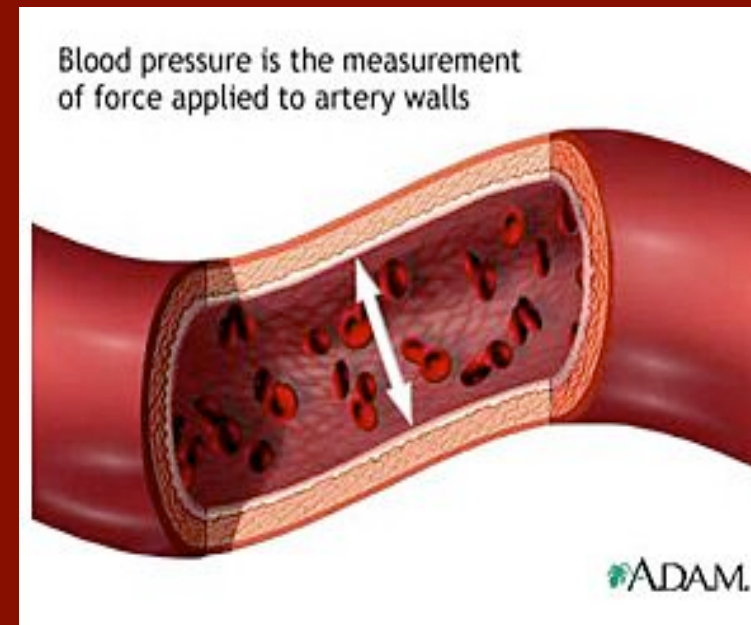


Learning Objectives

- At the end of the presentation students will be able to:
 - Identify at least 3 risk factors of hypertension
 - Define hypertension, systolic and diastolic
 - List 2 complications of hypertension
 - Identify the most common prevention methods for hypertension

Definition of Hypertension

- Hypertension is high blood pressure
- It is called the "Silent Killer"
- Blood pressure is the force of blood pushing against the walls of arteries as it flows through them.

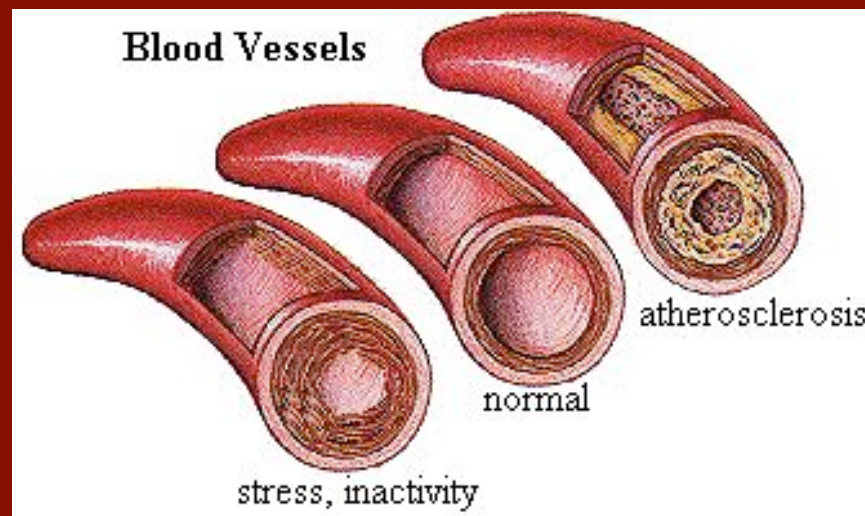


How does Hypertension happen?

- As blood flows through arteries it pushes against the inside of the artery walls.
- The more pressure the blood exerts on the artery walls, the higher the blood pressure will be.
- The size of small arteries also affects the blood pressure.

How does Hypertension happen?

- When the muscular walls of arteries are relaxed, or dilated, the pressure of the blood flowing through them is lower than when the artery walls narrow, or constrict.



Know your numbers

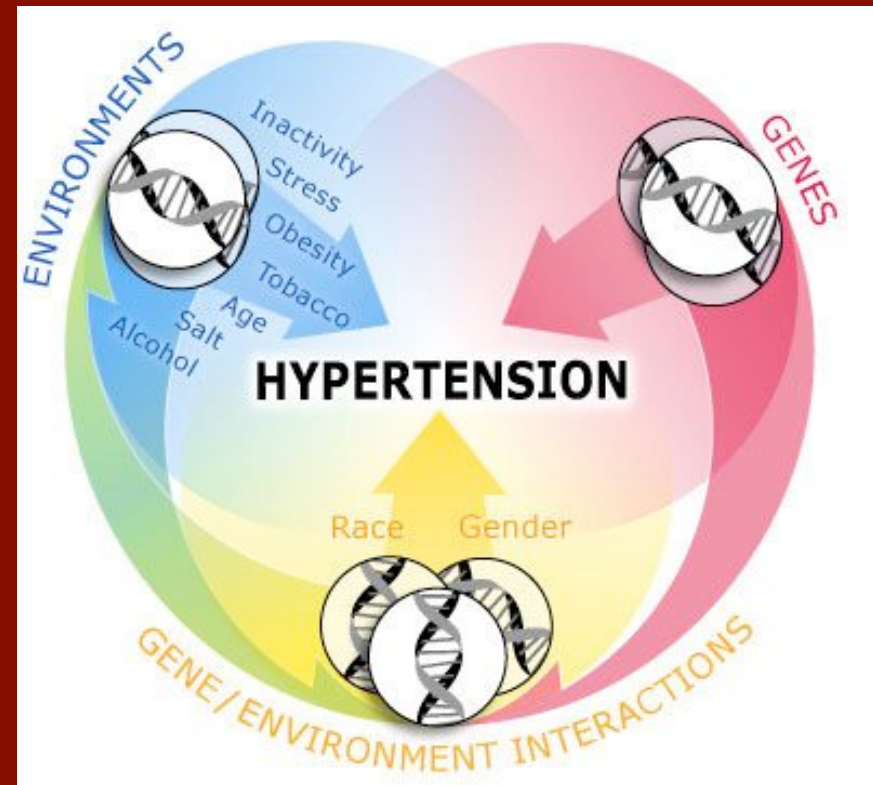
- Blood pressure is highest when the heart beats to push blood out into the arteries.
- Blood pressure when the heart beats is called **SYSTOLIC PRESSURE.**
- Blood pressure when the heart is at rest is called **DIASTOLIC PRESSURE.**

**Normal Blood Pressure
is less than:**

Systolic	120 mmHg
Diastolic	80 mmHg

Risk Factors

- Family History
- Race
- Age
- Obesity
- Smoking
- Alcoholism
- Inactivity
- Diabetes
- Sodium intake
- Stress



Complications

- High blood pressure is a major risk factor for:
 - Stroke
 - Heart attack
 - Heart failure
 - Kidney failure
 - Arteriosclerosis (atherosclerosis)

Prevention

- Check your blood pressure
- Reduce salt intake
- Reduce fat intake
- Lose weight
- Exercise regularly
- Quit smoking
- Reduce alcohol consumption
- Manage stress



Review Questions

1. What is Hypertension?
2. Hypertension is the same as High Blood Pressure: True False
3. What is systolic and diastolic?
4. List 3 risk factors of hypertension
5. List 2 complications of hypertension