How Can I treat Hypertension?
Lifestyle Changes

- Take medications
- Lose Weight
- Regular Exercise
- Stop Smoking
- See your doctor
- Healthy Diet - decrease salt
- Limit alcohol intake

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CAUSES OF HYPERTENSION (HIGH BLOOD PRESSURE)

Primary cause is unknown

Contributing Conditions:
1. poor diet
2. obesity
3. aging
4. genetics
5. lack of exercise
6. Diabetes

What is Normal Blood Pressure?
1. normal is less than 120/80
2. prehypertension 120-139/80-89
3. hypertension greater than 140/90

What health problems are associated with Hypertension?
1. Atherosclerosis – high cholesterol
2. Kidney Disease
3. Heart Failure
4. Strokes
5. Eye disease

Medications and Hypertension?
1. increase the opening of the blood vessels
2. decrease the work load of the heart

BLOOD VESSELS IN HYPERTENSION

Normal Blood Vessel With No Blockage
1. wide opening for easy blood flow
2. no extra workload for the heart

Narrow Blood Vessel From High Cholesterol, Smoking, High Blood Pressure
1. Narrow opening makes it harder for the heart to pump blood through and causes the Blood Pressure to increase.
2. Blood can clot in the vessel because of the narrow opening and cause a stroke.