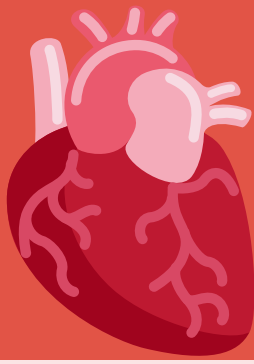


ALL ABOUT

# HYPERTENSION



Almost half of all Americans have high blood pressure, commonly called Hypertension.

## FAST FACTS

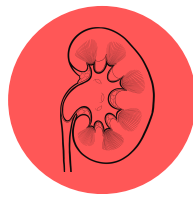
Hypertension can cause...



increased risk of heart attack and stroke



sexual dysfunction



damage to kidney function



increased risk of dementia and memory issues

## WHAT CONTRIBUTES TO HTN?

1 Plaque and cholesterol build up causing narrowing of arteries



2 High sodium and alcohol intake



3 Lifestyle factors (stress, exercise level, smoking)

Underlying Obstructive Sleep Apnea (OSA) can influence blood pressure and lead to high readings. If you experience excessive daytime tiredness, snore loudly, and/or have been seen gasping at night, talk to your Doctor about a sleep study.

### CATEGORY

### SYSTOLIC UPPER NUMBER

### DIASTOLIC LOWER NUMBER

HEALTHY

<120

<80

ELEVATED

120-129

<80

STAGE 1

130-139

80-89

STAGE 2

140 or higher

90 or higher

CRISIS

>180

>120

## WHAT IS A HIGH READING?

Generally, you can reference the chart to the left for guidance on your readings. It is vital that those recently diagnosed or at risk for hypertension monitor their blood pressure at least once daily. Use the Blood Pressure Log on the next page to keep track of your blood pressure, or use digital resources like the Apple Health app.

If you have a reading in the crisis zone, especially if accompanied by headache, dizziness, or chest pain, immediately go to your closest emergency room.

## TREATMENT

Depending on severity and risk, lifestyle factors may be a good place to start. However, it is essential to consult with a healthcare provider or set up a treatment plan. You may be prescribed medication to manage blood pressure. As lifestyle factors improve, you may be able to wean off HTN medications. However, it is vital to do so under the supervision of your healthcare provider.

## COMMON MEDICATIONS

Beta-Blockers: Carvedilol, Nebivolol, Metoprolol

ACE-Inhibitors: Lisinopril, Benazepril, Ramipril

Diuretics: Spironolactone and Furosemide

ARB's: Losartan, Telmisartan, Valsartan

Beta-Blockers: Carvedilol, Nebivolol, Metoprolol

Beta-Blockers: Carvedilol, Nebivolol, Metoprolol

## RESOURCES

- You may be eligible for a free blood pressure cuff if you have high blood pressure. Contact your insurance to see if you are eligible.
- DPH DASH Diet Virtual Course
- St. Mary's Wellness Center

### POTENTIAL SIDE EFFECTS



Excessive urination, muscle cramping, dizziness, headache, weakness, chest pain, insomnia, tiredness, and sexual dysfunction