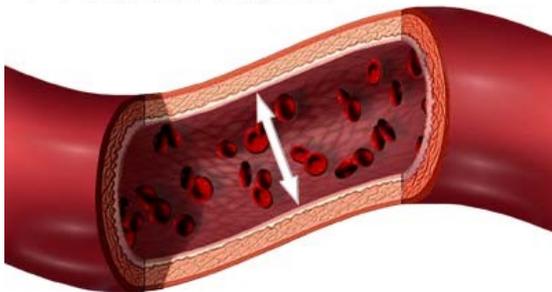


What is Hypertension?

- ◆ HYPERTENSION is the medical term for **HIGH BLOOD PRESSURE**
- ◆ Blood pressure is the **force of blood pushing** against the blood vessels with every heart beat
 - ◆ Normal blood pressure is **120/80**
 - ◆ Top number = **systolic pressure**; the pressure on the arteries when the heart is **contracting**
 - ◆ Bottom number = **diastolic pressure**; the pressure on the arteries when the heart is **relaxed**

Blood pressure is the measurement of force applied to artery walls



ADAM.

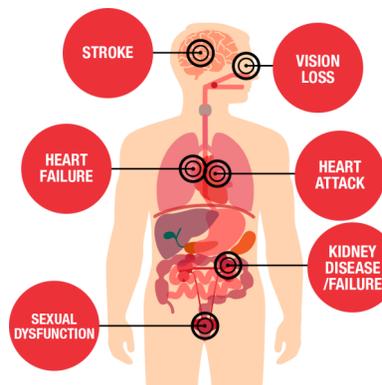
Symptoms of Hypertension

- ◆ There are **usually NO signs or symptoms** so it is important to check blood pressure levels regularly.



Complications of Hypertension

- ◆ Uncontrolled high blood pressure can **affect many body parts** and it raises the risk for **heart disease and stroke**, which are leading causes of death in the United States



Prevention

- ◆ **Manage stress**
- ◆ **Exercise regularly**, try to be active at least 30 minutes each day
- ◆ Have a **healthy diet**, reduce salt and alcohol intake
 - ◆ **Do not smoke**
 - ◆ Keep a **healthy weight**
 - ◆ Get a **good night's sleep**



Picture source: https://tse3.mm.bing.net/th?id=OIP.agXrQ2EeQ5d_8iOoBETc5QHd2&pid=Api&P=0&

Risk Factors

- ◆ **Smoking**
- ◆ Being **overweight or obese**
 - ◆ **Unhealthy diet**
 - ◆ **Not exercising**
- ◆ **Family history** of hypertension
 - ◆ **Diabetes**

Recommendations

- ◆ Get your blood pressure checked **regularly**
- ◆ **Take action to control** high blood pressure by lifestyle changes and or medications
- ◆ Keep a **blood pressure journal** and record your numbers overtime.

Interesting Facts

- ◆ High blood pressure **doesn't just happen to older adults**. Nearly 1 in 4 adults aged 20 to 44 have high blood pressure
- ◆ Recent studies show that high blood pressure is **linked to a higher risk for dementia**, a loss of cognitive function
- ◆ Since hypertension usually has no symptoms it is also called the **"silent killer"**

Resources

Milwaukee Consortium for
Hmong Health Inc.

www.mkehmonghealth.com

Office: 414-212-8087

Address: 1802 West Walnut Street
Milwaukee, WI 53205

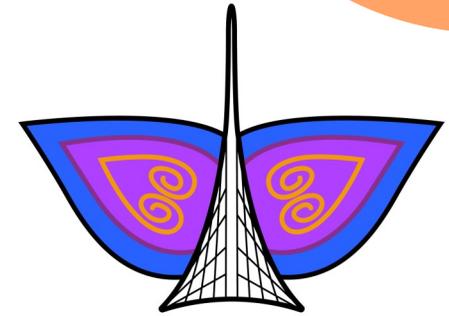
Email: MkeHmonghealth@gmail.com

<https://www.heart.org/en/health-topics/high-blood-pressure>

<https://www.cdc.gov/bloodpressure/about.htm>



Questions or comments,
feel free to contact us.
Our **Community Health Workers** are glad to help you find resources in the community!



MILWAUKEE CONSORTIUM
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Hypertension



What It Is and How It Affects You

