



Hypertension (High blood pressure)

Program of Promotion and Health Education



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Objectives

- Define what is hypertension (high blood pressure)
- Mention at least two signs or symptoms of hypertension
- Identify at least two risk factors for developing hypertension
- Mention at least two ways to manage or prevent high blood pressure

Pre Test

1. Hypertension is characterized by the force that blood exerts against the _____.
 - a. Walls of the arteries
 - b. Walls of the lungs
2. Two symptoms of high blood pressure are:
 - a. Chest pain and blurred vision
 - b. High levels of glucose and cholesterol

Pre Test

3. A risk factor for hypertension is the consumption of:
- a. Salt (sodium)
 - b. Sugar (carbohydrates)
4. It is considered to have high blood pressure when blood pressure exceeds:
- a. 120/80
 - b. 140/90



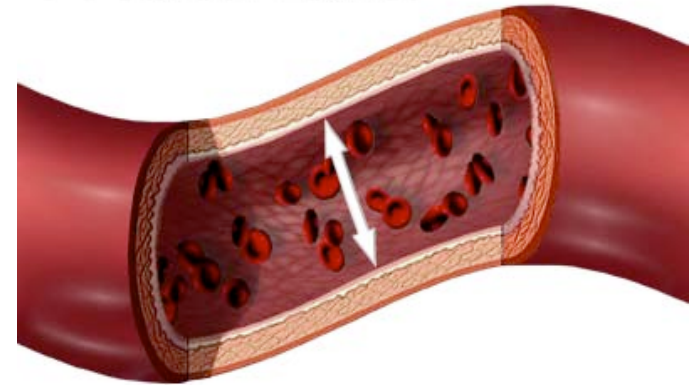
Data

- According to the Centers for Disease Control (CDC), in 2011, Puerto Ricans had the highest rate of death related to high blood pressure in the whole American nation.
- According to the CDC, 37% of Puerto Rican adults have indicated that they have hypertension.
- The prevalence of hypertension among the Puerto Rican population is higher compared to the population of the United States, (UPR RCM, 2007).

What is blood pressure?

- It is the force that blood exerts on the walls of the arteries
- Blood pressure may vary at different times of the day
- Physical activity causes changes in blood pressure

Blood pressure is a measure of the force applied to the artery walls.



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Blood pressure values

Values	Systolic pressure	Diastolic pressure
Normal 120/80 mm/Hg	Less than 120	Less than 80
Prehypertension 130/80 mm/Hg	120-139	80-89
Hypertension 140/90 mm/Hg	Greater than 140	Greater than 90

Signs and symptoms

- Chest pain
- Confusion
- Ringing in the ears
- Irregular heart beats
- Tiredness
- Others

Risk Factors

- Physical inactivity
- Meals with a high content of sodium
- Family history
- Smoking
- Alcohol abuse
- High cholesterol levels
- Overweight

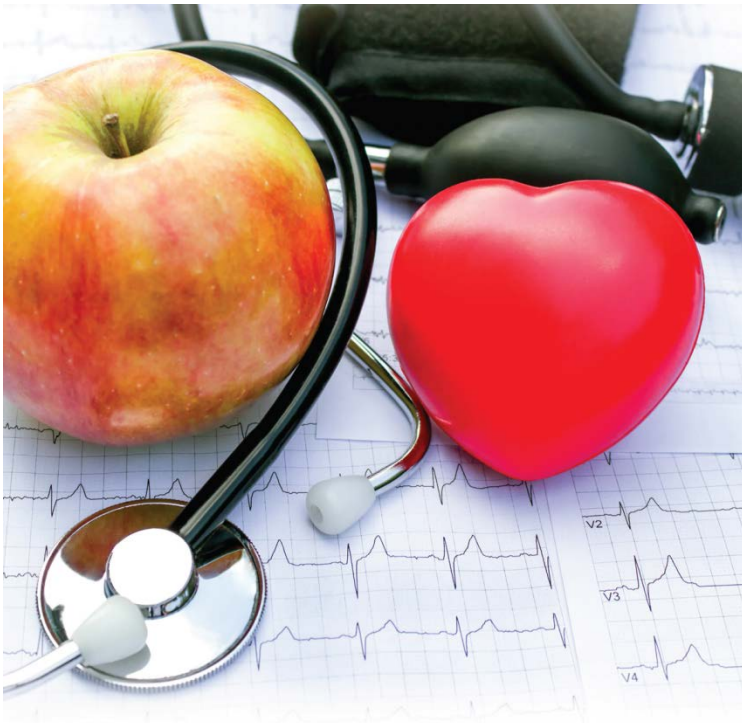


Treatment

Treatment options may include the use of prescription drugs:

- Diuretics can help to eliminate fluids and sodium from the body.
- The angiotensin-converting enzyme inhibitors (ACE) block the enzyme that raises blood pressure.
- Beta blockers, such as calcic and other vasodilators, help you to relax and dilate blood vessels to reduce the pressure within them.

Recommendations to prevent hypertension



Prevention

- Keep a healthy weight
- Keep a diet low in sodium and fat
- Perform some sort of physical activity
- Stop smoking
- Getting enough rest and sleep

Prevention

- Keep your total cholesterol level at less than 200 mg/dL
- Avoid or limit alcohol
- Learn to manage stress
- Take time to do the things you love



Nutrition

Helps to control the amount of sodium you consume

Choose foods labeled as low in sodium

- Example: 140 mg of sodium or less (per serving)

Avoid foods high in cholesterol

- Example: 200 - 300 mg per day



Nutrition

- Remove the salt shaker from the table and use herbs and spices to condiment your meals
- Avoid fried foods
- Consume small portions of meat (the size of the palm of your hand)
- Eat more fish, chicken and turkey
- Eat fruits and vegetables as snacks

Weight Control

- If you are overweight, establish a plan to reach your healthy weight
- Know what is the recommended body mass index (BMI) for your age and gender
- Ask your doctor to help you prepare a weight loss plan.



Body Mass Index



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BODY MASS INDEX %	CATEGORY
Less than 18.5	Underweight
18.5 a 24.9	He a lthy
25.0 a 29.9	Overweight
30.0 a 39.9	Obese
More than 40	Morbid obesity

The stature of a person and the circumference of your wrist determine the size of their body structure.

Physical Activity

- Keep yourself physically active under the supervision of your doctor
- Follow an 30 minutes exercise routine 5 days a week
- Use adequate clothing and shoes when exercising

Recommendations for physical activity

- Dancing
- Household chores
- Create your own home garden
- Joining a group, such as *Patitas Calientes*.



Medications

- Take your medications, always following the recommendations of your doctor.
- Consult with your doctor any changes related to your medicines.
- Do not alter the dose of your medicines.

Cigarettes and Alcohol

- Avoid smoking or inhaling second-hand smoke
- If you want to stop smoking, seek support
- Consult with your doctor about treatment or programs for smoking cessation, such as the who provided by MMM/PMC.
- Limit the consumption of alcoholic beverages

Complications

- People who have high blood pressure are at greater risk of developing heart disease, suffering strokes and kidney disease; among other things.
- It is important to take care of your health by learning how to keep your blood pressure levels and weight under control, by following the recommendations of your doctor.
- Prevention is the key for a better health.

Post Test

1. Hypertension is characterized by the force that blood exerts against the _____.
 - a. Walls of the arteries
 - b. Walls of the lungs
2. Two symptoms of high blood pressure are:
 - a. Chest pain and blurred vision
 - b. High Levels of glucose and cholesterol

Post Test

3. A risk factor for hypertension is the consumption of:
- a. Salt (sodium)
 - b. Sugar (carbohydrates)
4. A person is considered to have high blood pressure when blood pressure exceeds:
- a. 120/80
 - b. 140/90



Answers

1. Hypertension is characterized by the force that blood exerts against the _____.
 - a. **Walls of the arteries**
 - b. Walls of the lungs

2. Two symptoms of high blood pressure are:
 - a. **Chest pain and blurred vision**
 - b. Levels of glucose and cholesterol high



Answers

3. A risk factor for hypertension is the consumption of:

- a. Salt (sodium)
- b. Sugar (carbohydrates)

4. A person is considered to have high blood pressure when blood pressure exceeds:

- a. 120/80
- b. 140/90



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For an immediate health consult,
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MMM: 1-866-677-7779

PMC: 1-866-516-7704

TTY (hearing impaired): 1-866-690-7771





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Cuidándote Mucho Más

For more information, call the **Health Promotion and Education
Program of Cuidándote Mucho Más:**

787-993-2311 (Metro Area)

1-866-517-0701 (toll free)

Monday to Friday from 7:30 a.m. to 4:30 p.m.



Where to find aid...

Mental Health Department

A specialized Department dedicated to integrate
Mental Health care

Online Member Access
7 days a week, 24 hours a day

1-877-721-7722



References

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