

High Blood Pressure: Understand Your BP Health

What is Blood Pressure?

Blood pressure is the force of blood against the walls of your arteries. When your heart beats, it pumps blood into your arteries. The pressure of the blood against the artery walls is called blood pressure.



High Blood Pressure: Understand your BP (Health Series Book 2)

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Blood pressure is measured in two numbers: systolic and diastolic.

- **Systolic pressure** is the pressure in your arteries when your heart beats.
- **Diastolic pressure** is the pressure in your arteries when your heart rests between beats.

Normal blood pressure is considered to be less than 120/80 mmHg. High blood pressure, or hypertension, is defined as blood pressure of 130/80 mmHg or higher.

What Causes High Blood Pressure?

There are many risk factors for high blood pressure, including:

- Age
- Race
- Family history
- Obesity
- Physical inactivity
- Smoking
- Excessive alcohol intake
- Certain medical conditions, such as diabetes and kidney disease

High blood pressure can also be caused by certain medications, such as birth control pills and steroids.

What are the Symptoms of High Blood Pressure?

Most people with high blood pressure do not have any symptoms.

However, some people may experience:

- Headaches
- Dizziness

- Fatigue
- Nausea
- Vomiting
- Chest pain
- Shortness of breath
- Blurred vision
- Numbness or weakness in the arms or legs

If you experience any of these symptoms, it is important to see your doctor right away. High blood pressure can be a serious condition, and it is important to get treatment to lower your blood pressure.

How is High Blood Pressure Diagnosed?

High blood pressure is diagnosed with a blood pressure test. This test can be done at your doctor's office, a community health center, or even at home. A blood pressure test is a simple and painless procedure that takes only a few minutes.

To get an accurate blood pressure reading, it is important to relax and not talk during the test. You should also avoid eating or drinking caffeine for at least 30 minutes before the test.

How is High Blood Pressure Treated?

There are many different ways to treat high blood pressure. Your doctor will work with you to develop a treatment plan that is right for you. Treatment options may include:

- **Lifestyle changes**, such as losing weight, eating a healthy diet, and getting regular exercise
- **Medications**
- **Surgery**

Lifestyle changes are the first line of treatment for high blood pressure. If lifestyle changes are not enough to lower your blood pressure, your doctor may prescribe medication. There are many different types of blood pressure medications available, and your doctor will choose the one that is best for you.

In some cases, surgery may be necessary to treat high blood pressure. Surgery is usually only recommended if other treatments have not been successful.

How Can I Prevent High Blood Pressure?

There are many things you can do to prevent high blood pressure, including:

- Maintaining a healthy weight
- Eating a healthy diet
- Getting regular exercise
- Quitting smoking
- Limiting alcohol intake
- Managing stress

If you have a family history of high blood pressure, it is important to be especially vigilant about following these prevention tips. By taking these steps, you can help reduce your risk of developing high blood pressure and protect your health.

High blood pressure is a serious condition, but it is one that can be managed. By understanding your blood pressure and following your doctor's treatment plan, you can help keep your blood pressure under control and protect your health.

If you have any questions or concerns about high blood pressure, talk to your doctor. They can provide you with more information and help you develop a treatment plan that is right for you.



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