



What is high blood pressure (hypertension)?

Blood pressure refers to the pressure that your blood applies to the walls of your arteries, the network of vessels that supplies blood to your body. Hypertension is when your blood pressure is consistently high.

Why is it significant?

High blood pressure can lead to serious medical problems, including strokes, heart attacks and kidney disease. Keeping your blood pressure low is essential to maintaining good health.

What else should I be aware of?

Blood pressure medication is usually recommended when someone's blood pressure is consistently elevated. It may take several different medications to get one's blood pressure down within a more acceptable range. If you're forgetting to take your medication or getting your pills mixed up, let your doctor know.



High Blood Pressure
(Hypertension)

MakingHealthHappen.com

What can I do?

- ✓ Learn to read and monitor your own blood pressure. Strive for 135/85 or less in your home readings and 140/90 or less in clinic readings. (If you have diabetes or kidney disease, your goal should be 130/80 or less.)



- ✓ Consuming too much sodium (salt) raises blood pressure. Learn which foods are high in sodium by reading labels. Limit your sodium intake to one teaspoon (2,300 mg or less) per day.
- ✓ Engage in 30-60 minutes of physical activity daily.
- ✓ Limit your alcohol consumption.
- ✓ Don't smoke and avoid secondhand smoke.
- ✓ Follow the recommendations of Canada's Food Guide. In particular, eat more unprocessed whole foods and foods high in potassium.
- ✓ Build your stress resilience by addressing any underlying emotional issues.
- ✓ Contact the Heart and Stroke Foundation of Canada at www.heartandstroke.ca or 403-264-5549.
- ✓ Learn more about hypertension by going to www.makinghealthhappen.com.



Go to MakingHealthHappen.com and enter **hw62787** in the search box to learn more about High Blood Pressure.