



Hypertension: Overview and Prevention

Project Meducate

About Project Meducate

- ◆ Dedicated to providing free health services, education, and resources to underprivileged populations in NJ
- ◆ Wide range of volunteer doctors (physical therapists, cardiologists, pain specialists, etc.)
- ◆ Conducted 3 health clinics in temples/churches with 200+ attendees



What Is Hypertension?

- ◇ Commonly referred to as high blood pressure
- ◇ Increases your risk of serious health problems, including heart attack and stroke
- ◇ Defined as systolic BP of 130 and diastolic BP of 80 (130/80)
 - ◆ Previously 140/90
- ◇ Nearly half of US adults (108 million) have hypertension



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“In 2018, nearly half a million deaths in the United States included hypertension as a primary or contributing cause.”

- <https://www.cdc.gov/bloodpressure/facts.htm>



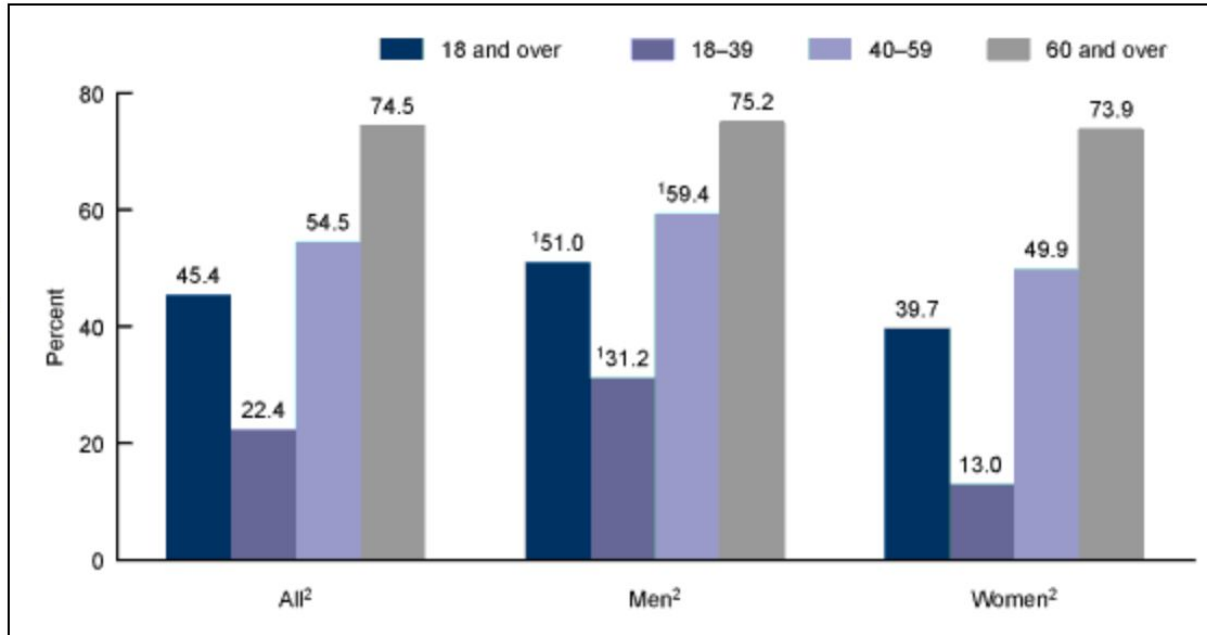
Risk Factors

- Age
 - Risk increases with age until age 64
- Race
 - Common in people of African heritage
- Family history
 - Tends to run in families

- Obesity

- Stress

Figure 1. Prevalence of hypertension among adults aged 18 and over, by sex and age: United States, 2017–2018



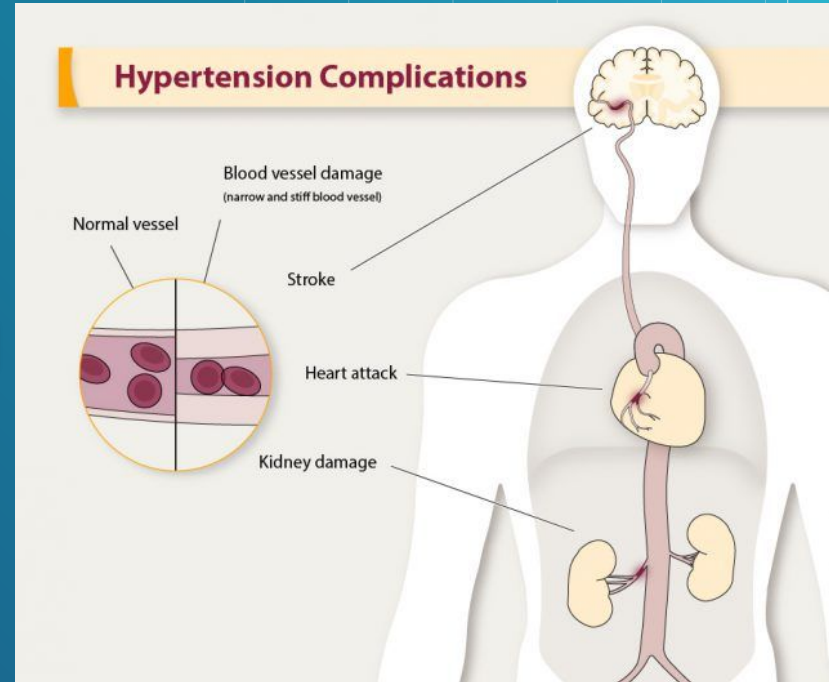
<https://www.cdc.gov/nchs/products/databriefs/db364.htm>

How to Read Blood Pressure

- ◇ Sometimes there are no warning signs or symptoms, only way to know is to measure your blood pressure
- ◇ Normal Blood Pressure: Less than 120/80
 - ◆ First Number: *Systolic Pressure*
 - ◆ Second Number: *Diastolic Pressure*

Problems Caused by Hypertension

- ❖ Can damage your heart, brain, kidneys, and other important organs
- ❖ Hypertension leads to decreased blood flow, which can cause
 - ◆ Heart Attack
 - ◆ Heart Failure
 - ◆ Stroke



How To Prevent or Manage Hypertension

- ◇ Blood Pressure and Weight often increase together:
managing your weight will help manage blood pressure
 - ◆ Exercise, eating healthy

- ◇ Eat less **Sodium (Salt)**

- ◇ Drink less caffeine, alcohol, and quit smoking

LIFESTYLE CHANGES can help prevent high blood pressure:



Maintain a healthy diet



Be physically active



Avoid harmful use of alcohol



Eliminate exposure to tobacco smoke

THANK YOU / CONTACT INFORMATION

- ◇ Email: projectmeducate@gmail.com
- ◇ www.projectmeducate.org



Resources

- <https://www.mayoclinic.org/diseases-conditions/high-blood-pressure/symptoms-causes/syc-20373410>
- <https://www.mayoclinic.org/diseases-conditions/high-blood-pressure/in-depth/high-blood-pressure/art-20046974>
- <https://www.cdc.gov/bloodpressure/prevent.htm>
- <https://www.cdc.gov/nchs/products/databriefs/db364.html>
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