



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

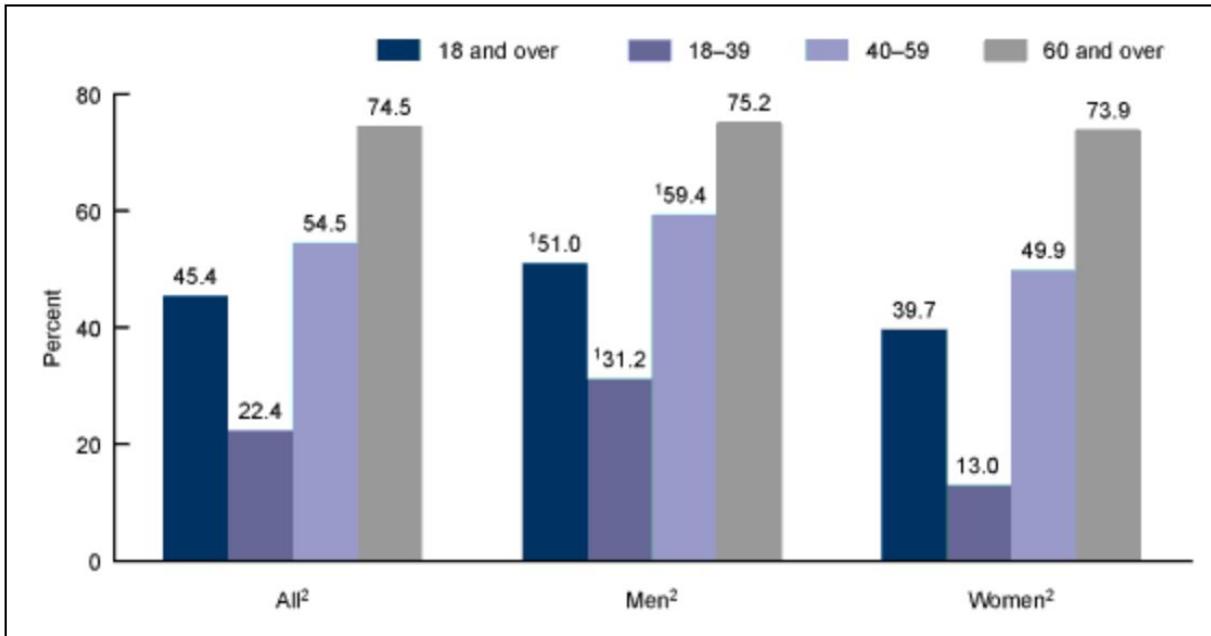
Family history

- 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



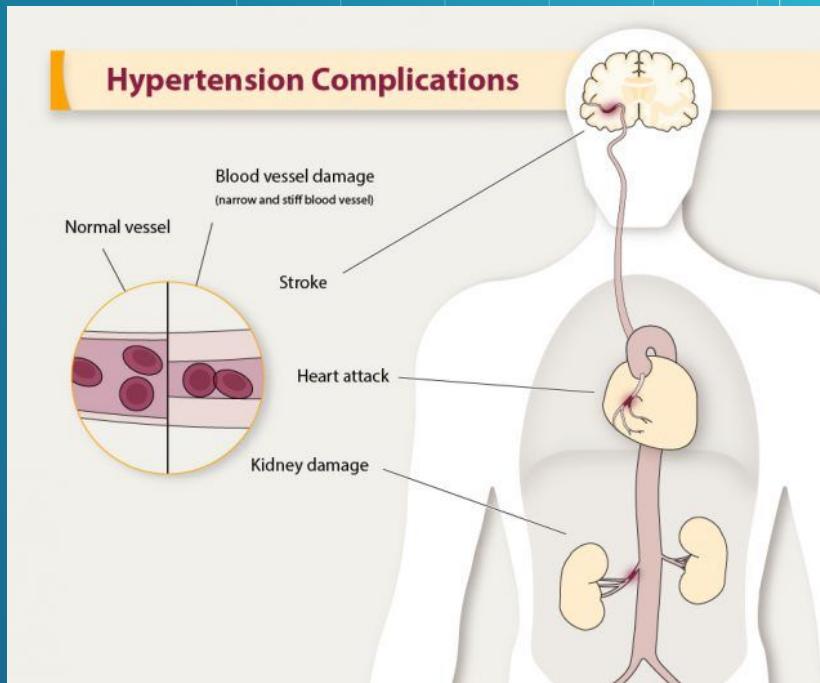
<https://www.cdc.gov/nchs/products/databriefs/db364.htm>

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



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

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





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>