



## Fact Sheet

# Hypertension

## What is it?

When your heart beats it pumps blood through your arteries and causes pressure. Hypertension or High blood pressure is a common condition in which the force of the blood against your artery walls is too high and may eventually cause health problems. Knowing your blood pressure numbers and understanding them is important to managing your health. Uncontrolled high blood pressure increases your risk of serious health problems, including heart attack and stroke.

## What are the symptoms?

Most people have no signs or symptoms. Although a few people with early-stage high blood pressure may have dull headaches, dizzy spells or a few more nosebleeds than normal.

## How is it diagnosed?

Blood pressure is measured with an inflatable arm cuff and a pressure-measuring gauge. A blood pressure reading has two numbers. **The first**, or upper, number measures the pressure in your arteries when your heart beats (systolic pressure). **The second**, or lower, number measures the pressure in your arteries between beats (diastolic pressure). Diagnosis of hypertension depends on how high the numbers are; the higher the pressure or numbers the more severe the hypertension.

Category	Systolic / Diastolic
Normal	120/80
Pre-hypertension	120-139 / 80-90
Stage 1 Hypertension	140-149 / 90-99
Stage 2 Hypertension	160/100

## Risk Factors

Family history	Overweight
Physically inactive	Tobacco Use
High salt intake	Too little potassium
Too little vitamin D	Drinking too much alcohol
Stress	Certain chronic conditions
Race	

## Complications

- Heart attack or stroke
- Aneurysm. Increased blood pressure can cause your blood vessels to weaken and bulge, forming an aneurysm. If an aneurysm ruptures, it can be life-threatening
- Heart failure
- Weakened and narrowed blood vessels in your kidneys.
- Thickened, narrowed or torn blood vessels in the eyes.
- Metabolic syndrome
- Trouble with memory or understanding

## How to treat it?

- Take prescribed medications properly
- Eat a healthy diet with less salt
- Exercise & lose weight
- Quit smoking & Reduce Alcohol
- Manage Stress
- Monitor your blood pressure

More health information is available at [bewellstaywell.az.gov](http://bewellstaywell.az.gov).