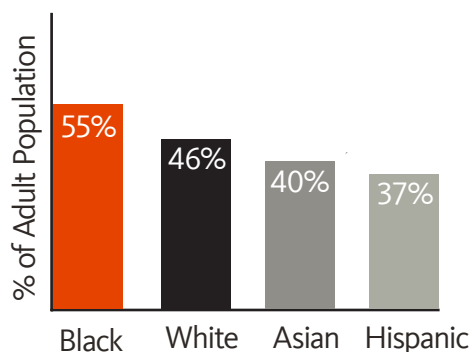


HYPERTENSION | HIGH BLOOD PRESSURE

LINUS PAULING INSTITUTE

HYPERTENSION AFFECTS



Nearly **1 in 2** adults in the US



3 in 4 adults over the age of 65

HIGH BLOOD PRESSURE INCREASES YOUR RISK FOR

STROKE

About **8 in 10** adults having their first stroke have high blood pressure.

HEART ATTACK

About **7 in 10** adults having their first heart attack have high blood pressure.

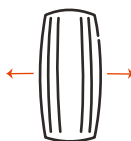
HEART FAILURE

About **8 in 10** adults with chronic heart failure have high blood pressure.

WHAT IS BLOOD PRESSURE?



Blood pressure is the force exerted against arterial walls as the heart pumps blood.



High blood pressure stretches **arteries** (*muscular-walled blood vessels that carry blood away from the heart*) beyond a healthy limit.

How does high blood pressure affect your health?

Chronic overstretching of arteries has many negative effects: **tears and scarring, weak spots that rupture easily, blood clot formation, increased workload on the heart, and plaque build-up**

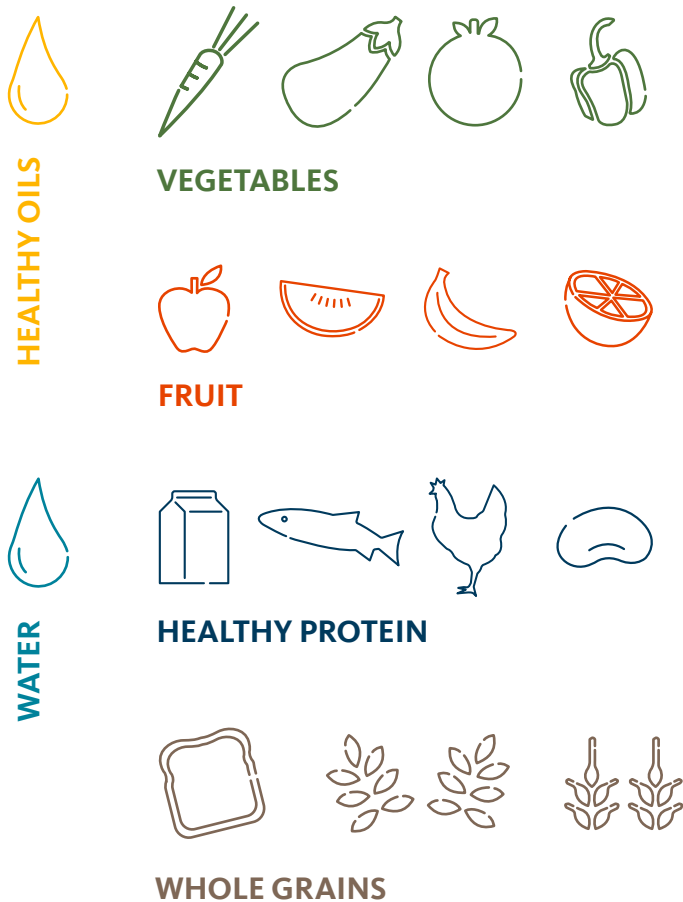
BLOOD PRESSURE	NORMAL	AT RISK	HIGH	
SYSTOLIC BLOOD PRESSURE (SBP) Pressure exerted as the heart contracts, during a heart beat	< 120 mm Hg	120 – 129 mm Hg	130 – 139 mm Hg	≥ 140 mm Hg
	AND	AND	OR	OR
DIASTOLIC BLOOD PRESSURE (DBP) Pressure exerted as the heart is at rest, between heart beats	< 80 mm Hg <i>Normotensive</i>	< 80 mm Hg <i>Prehypertensive</i>	80 – 89 mm Hg <i>Hypertensive Stage 1</i>	≥ 90 mm Hg <i>Hypertensive Stage 2</i>

HOW YOU CAN LOWER YOUR BLOOD PRESSURE

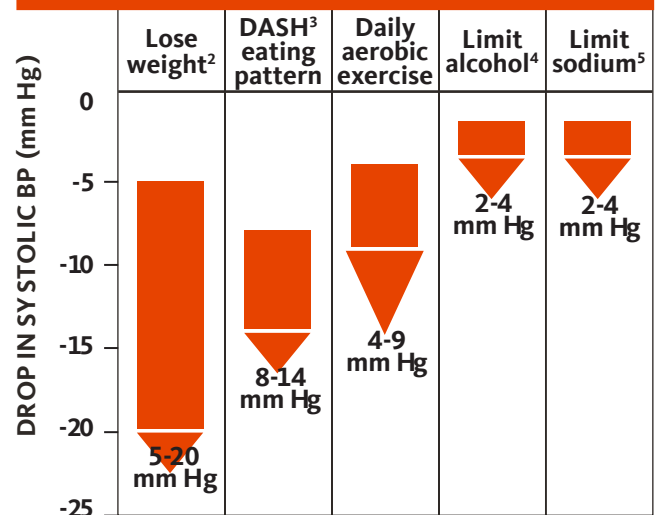
Diet and lifestyle changes can reduce your blood pressure and improve your health.

- 1 Adopt the Dietary Approaches to Stop Hypertension (DASH) eating pattern**
 - Eat lots of vegetables, fruit, and whole grains.
 - Enjoy lean protein, low-fat dairy, and nuts.
 - Limit saturated fat, added sugar, and “junk food.”
- 2 Increase potassium and decrease sodium**
 - Eat nine servings of fruit and vegetables each day.
 - Consume less than 2,300 mg of sodium/day (equivalent to one teaspoon of table salt).
- 3 Supplement with vitamin C**
 - 500 mg/day of supplemental vitamin C.

HEALTHY EATING



APPROXIMATE REDUCTION IN SYSTOLIC BP with diet and lifestyle changes¹



Lowering blood pressure even a small amount can have a big effect

¹Chobanian AV, et al. JAMA 2003; 289:1560-73

²10 kg (22 lb) weight loss in overweight/obese adults

³Dietary Approaches to Stop Hypertension

⁴Maximum one drink/day for women, two drinks/day for men

⁵Sodium reduced by approximately 1,200 mg/day

SOURCES

- Micronutrient Information Center, lpi.oregonstate.edu/mic/health-disease/high-blood-pressure