

HIGH BLOOD PRESSURE (Hypertension)

High Blood Pressure develops when the pressure in your arteries is consistently above the normal range. The normal blood pressure is $^{120}/_{80}$.

The top (systolic) number is the pressure when the heart beats. The bottom (diastolic) number is the pressure when the heart rests between beats.

DETECTING HIGH BLOOD PRESSURE:

There are no sign of this illness. It is often called the silent killer. The only way to know if your blood pressure is high is to get it checked regularly. If high blood pressure is not treated it can lead to other problems. This includes strokes, heart attack, heart failure or kidney failure.

RISK FACTORS:

HEREDITY—People whose parents have high blood pressure are most likely to get it than those parents do not.

RACE—African Americans are more likely to have high blood presser than Caucasians.

INCREASING AGE—Blood Pressure tends to increase with age.

MEDICINE FOR HIGH BLOOD PRESSURE:

- Your doctor may prescribe one or more drugs to bring your blood pressure down to normal

- Take medicine as prescribed.
- Don't ever stop taking medicine on your own. There may be side effects that occur, so let your doctor know of any side effects.

SIDE EFFECTS MAY INCLUDE:

- Tiredness, weakness, drowsiness.
- Impotence.
- Depression.
- Trouble sleeping or nightmares.
- Skin Rash.
- Ankle swelling.
- Headache, dizziness

OTHER TREATMENTS YOU MAY CONSIDER DOING FOR HIGH BLOOD PRESSURE:

1. Lose weight if you're overweight.
2. Be physically active.
3. Eat a healthy diet that's low in saturated fats, cholesterol, and salt.
4. Monitor blood pressure at home. Keep records of readings and carry it to the doctor's office at each visit.
5. Do not smoke.

Philippians 4:13 says, "I can do all things through Christ which strengthen me."