

Jamison: Patient Education and Wellness

HANDOUT 21.1: HYPERTENSION: RED FLAG FOR STROKE

‘NORMAL’ BLOOD PRESSURE:

A healthy blood pressure: <120/80 mmHg

High-normal level 120/80–139/89 mmHg

A RED FLAG:

Mild hypertension increases the risk of death.

Blood pressure rises with increasing age.

See http://www.nhlbi.nih.gov/health/dci/Diseases/Hbp/HBP_WhatIs.html

LIFESTYLE CHOICES CAN LOWER BLOOD PRESSURE:

- ☐ Maintain an ideal body weight
- ☐ Limit alcohol intake to no more than 20 g daily with meals
- ☐ Avoid excess sodium
- ☐ Take regular exercise

See

Test your Knowledge:

<http://www.americanheart.org/presenter.jhtml?identifier=3021399>

Check your risk

<http://www.webmd.com/hypertension-high-blood-pressure/hypertension-health-check/default.htm>

Control Blood Pressure

<http://www.webmd.com/hypertension-high-blood-pressure/features/top-10-ways-to-control-your-blood-pressure>

<http://www.nhlbi.nih.gov/hbp/prevent/prevent.htm>

Exercises to lower blood pressure

<http://www.webmd.com/hypertension-high-blood-pressure/slideshow-lowering-blood-pressure-exercise-tips>

Salt

See Handout 21.2

Physical exam for hypertension

<http://www.webmd.com/hypertension-high-blood-pressure/physical-exam-for-high-blood-pressure>