



Know more about
**HIGH
BLOOD
PRESSURE**

 Marshfield Clinic
 MINISTRY HEALTH CARE



Two Leaders, One Leading Heart Care Team

Know more about High Blood Pressure

High blood pressure (also known as hypertension) affects nearly 1 in 3 American adults. It is called “the silent killer” because almost a third of the people with high blood pressure don’t know they have it. Often there are no signs or symptoms. The only way to know for sure if you have high blood pressure is through a simple, painless blood pressure check.

What is blood pressure?

Blood pressure measures the outward force of blood against the walls of the arteries. When blood vessels become too narrow, blood cannot flow easily and blood pressure rises. This causes the heart to have to work harder to pump blood.

Blood pressure is recorded using two numbers: Systolic pressure, measured during a heart beat, and diastolic pressure, measured between beats. The result is a split systolic/diastolic number, like 120/76 (read as “120 over 76”).

You are considered to have high blood pressure if it is 140/90 or higher. If you have diabetes, your blood pressure is considered high if it is 130/80 or higher.

BLOOD PRESSURE GUIDE

BP CLASSIFICATION	SYSTOLIC		DIASTOLIC
Normal blood pressure	Less than 120	and	Less than 80
Prehypertension	120-139	or	80-89
High blood pressure	140-159	or	90-99
Very high blood pressure	160+	or	100+

If your systolic and diastolic numbers fall into different levels, the highest pressure level applies. For example, 160/80 would be very high blood pressure.

Contact your health care provider if your blood pressure is above 140/90 (or over 130/80 if you have diabetes).

Why is it important to understand blood pressure?

Over time, high blood pressure can cause damage to your blood vessels, heart and kidneys. It can also lead to hardened arteries, congestive heart failure, kidney failure, blindness, stroke or heart attack.



What causes high blood pressure?

In most cases, the specific cause of high blood pressure is unknown. It can run in your family. It can also be caused by a medical condition, such as kidney disease, blood vessel diseases, glandular disorders, alcoholism, pregnancy and the use of certain prescription drugs.

Who is at risk?

Everyone should have their blood pressure checked at least every two years, more often if any of the following apply to you:

- Male over 55 years old
- Female over 65 years old
- Family history of high blood pressure
- Obesity
- Consume large amounts of alcohol
- Have diabetes
- Take oral contraceptives
- Take corticosteroids
- Have uncontrolled stress

How can I lower my blood pressure?

If you have high blood pressure – or don't know what your blood pressure is – you should see a health care provider. Your doctor can measure your blood pressure, provide helpful advice and/or prescribe medicine to lower your blood pressure. High blood pressure can almost always be managed. The goal is to limit the complications high blood pressure causes.

Control high blood pressure through lifestyle changes

■ **IF YOU'RE OVERWEIGHT, LOSE WEIGHT**

Your health care provider can help you set a healthy goal.

■ **EAT LESS SALT**

Salt contains sodium which can raise your blood pressure. Set a goal of 2,300 mg or less of sodium per day (most Americans consume almost double that), and strive for 1,500 mg or less to further reduce blood pressure. You can cut sodium in your diet by:

- Checking labels and choosing low-sodium foods
- Avoiding processed foods
- Using other spices such as herbs, lemon, wine, fruit juice and other zesty flavorings in place of salt

■ **BE ACTIVE**

Find an exercise program that's right for you. Healthy adults 18-65 should get at least 30 minutes of moderate activity five days of the week. There are additional guidelines for those over 65 or who have certain medical conditions. Talk to your health care provider about the appropriate amount of physical activity for you.

■ **MANAGE STRESS**

Learn how to reduce and manage the things that cause stress in your life.

■ **QUIT SMOKING**

Not smoking is one of the best things anyone can do for their overall health. Your health care provider can help.

■ **LIMIT ALCOHOL USE**

Women should not have more than 1 drink a day, men should not have more than 2.

Healthy lifestyle changes are important for everyone, especially for those who have high blood pressure. If you take medicine for lowering your blood pressure, follow all instructions carefully. Never stop taking your medicine without first speaking to your health care provider.



High Blood Pressure and other Risk Factors for Heart Disease

You should take special care to manage your high blood pressure, especially if you have other risk factors for heart disease. These include diabetes, obesity and high cholesterol. High blood pressure can interact with these conditions in a dangerous way. For example, high blood pressure can cause damage to the walls of arteries, providing places where cholesterol deposits can get started.

It is a good idea to have a complete picture of your health. Ask your health care provider about your risks for heart disease – and take an active role in controlling and reducing your risk.

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For more information on high blood pressure, risk factors for heart disease, a heart healthy diet and the benefits of exercise, visit www.oneheartcareteam.org and click on YOUR HEART.



CERTAINTY

*When you're facing heart disease,
choose the most comprehensive
care in the region.*

More Tools = More Options

The Marshfield Clinic and Ministry Health Care heart care team has more tools for detecting and treating heart disease than any other provider in the region.

No other team has diagnostic scanners as sophisticated, employs as many heart specialists or handles cases as complex – and, when it comes to clinical research, no other area provider is even close.

That's important to know because having more tools means that you have access to more options for your heart care. It's individualized medicine, tailored to your specific situation.

Choose the certainty of customized care.

Choose the Marshfield Clinic and Ministry Health Care heart care team.

To find a primary care provider in your area,
please visit us online at www.oneheartcareteam.org

LOCAL ACCESS TO ADVANCED CARE

-
- Mercer
 - Park Falls
 - Eagle River
 - Minocqua/Woodruff
 - Rhinelander
 - Tomahawk
 - Crandon
 - Merrill
 - Wausau
 - Weston
 - Wittenberg
 - Stanley
 - Marshfield
 - Stevens Point/Plover
 - Wisconsin Rapids

Marshfield Clinic cardiologists are available for appointments and consultations at 15 locations.



Marshfield Clinic



MINISTRY HEALTH CARE



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For a second opinion, or for more information on our heart care team, call us at **1-800-888-4755**