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LIBRARY FOR PEOPLE



World's largest FREE health Education library for people..

We help patients to become better patients! We can help you understand your health and medical problems better so you can get better care in partnership with your Doctor.

OUR VISION

We think patients are the largest untapped healthcare resource and that Information therapy is the most Powerful Medicine !

OUR GOALS

1. Encouraging health insurance companies to invest in patient education.
2. Advocating information therapy.
3. Setting up a national network of patient education centers.
4. Developing patient educational materials in Indian Languages for the web.

For more information on this subject:
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HEALTH EDUCATION LIBRARY FOR PEOPLE

Hypertension



**LET'S HELP
ERADICATE
IGNORANCE**

**High blood pressure (HBP)
/Hypertension**

High Blood Pressure

High blood pressure (HBP) is a serious condition that can lead to coronary heart disease, heart failure, stroke, kidney failure, and other health problems.

"Blood pressure" is the force of blood pushing against the walls of the arteries as the heart pumps out blood. If this pressure rises and stays high over time, it can damage the body in many ways.

About 1 in 3 adults has HBP. HBP itself usually has no symptoms. You can have it for years without knowing it. During this time, though, it can damage the heart, blood vessels, kidneys, and other parts of your body.



This is why knowing your blood pressure numbers is important, even when you're feeling fine. If your blood pressure is normal,

you can work with your health care team to keep it that way. If your blood pressure is too high, you need treatment to prevent damage to your body's organs.

Blood Pressure Numbers

Blood pressure numbers include systolic (sis-TOL-ik) and diastolic (di-a-STOL-ik) pressures. Systolic blood pressure is the pressure when the heart beats while pumping blood. Diastolic blood pressure is the pressure when the heart is at rest between beats.

You will most often see blood pressure numbers written with the systolic number above or before the diastolic, such as 120/80 mmHg. (The mmHg is millimeters

of mercury—the units used to measure blood pressure.)



units blood

The table below shows normal numbers for adults. It also shows which numbers put you at greater risk for health problems. Blood pressure tends to go up and down, even in people who have normal blood pressure. If your numbers stay above normal most of the time, you're at risk.

Categories for Blood Pressure Levels in Adults (in mmHg, or millimeters of mercury)

Category	Systolic (top number)		Diastolic (bottom number)
Normal	Less than 120	And	Less than 80
Prehypertension	120–139	Or	80–89
High blood pressure			
Stage 1	140–159	Or	90–99
Stage 2	160 or higher	Or	100 or higher

The ranges in the table apply to most adults (aged 18 and older) who don't have short-term serious illnesses.

All levels above 120/80 mmHg raise your risk, and the risk grows as blood pressure levels rise. "Prehypertension" means

you're likely to end up with HBP, unless you take steps to prevent it.

If you're being treated for HBP and have repeat readings in the normal range, your blood pressure is under control. However, you still have the condition. You should see your doctor and stay on treatment to keep your blood pressure under control.

Your systolic and diastolic numbers may not be in the same blood pressure category. In this case, the more severe category is the one you're in. For example, if your systolic number is 160 and your diastolic number is 80, you have stage 2 HBP. If your systolic number is 120 and your diastolic number is 95, you have stage 1 HBP.

If you have diabetes or chronic kidney disease, HBP is defined as 130/80 mmHg or higher. HBP numbers also differ for children and teens. (For more information, see "How Is High Blood Pressure Diagnosed?")

Blood pressure tends to rise with age. Following a healthy lifestyle helps some people delay or prevent this rise in blood pressure.



People who have HBP can take steps to control it and reduce their risks for related health problems. Key steps include following a healthy lifestyle, having ongoing medical care, and following the treatment plan that your doctor prescribes.



