

HIGH BLOOD PRESSURE

What is it?

Hypertension, or high blood pressure, occurs when there is an increase in force on your blood vessels. It is measured with a blood pressure cuff. Your systolic (top number and heart during contraction) and diastolic (bottom number and heart at rest) are obtained. Blood pressure can go up because of stress, disease, or physical activity.

Signs and symptoms:

Normally, you won't have any signs or symptoms unless you are in a hypertensive crisis. These symptoms include:

- change in vision
- headache
- nosebleeds

Otherwise, you won't know your blood pressure is high unless you take it to find out.

Treatments:

You may be put on some medication to help control your blood pressure. You should also purchase your own blood pressure to keep track of readings. Life style changes to improve your condition are exercise (at least 3 times a week), diet low in fat and salt, stop smoking, reducing stress, and losing weight.