



## HYPERTENSION

The following unhealthy behaviors are directly related to the development and severity of hypertension:

<b>Obesity</b>	<b>Doubles your odds of developing high blood pressure</b>
<b>Tobacco use</b>	<b>Raises your blood pressure immediately after use</b>
<b>Sedentary lifestyle</b>	<b>Being physically active is one of the most important steps you can take to prevent or control high blood pressure</b>

**If you ignore hypertension caused by these unhealthy behaviors it can lead to ailments like blindness, impotence, kidney failure, stroke, and heart failure.**

### Hypertension

Hypertension, also known as “high blood pressure” is a common condition in which the force of blood against your arteries exceeds normal limits. This “high blood pressure” may begin to cause serious health problems such as kidney damage, heart disease, or stroke. Blood pressure readings are usually given as two numbers - for example, 120 over 80 (written as 120/80 mmHg). The two numbers, called “systolic and diastolic” measure the amount of pressure exerted on your arteries. If one or both of these numbers are elevated, you may have hypertension.

- Normal blood pressure is when your blood pressure is lower than 120/80 mmHg most of the time.
- High blood pressure (hypertension) is when your blood pressure is 140/90 mmHg or above most of the time.
- If your blood pressure numbers are 120/80 or higher, but below 140/90, it is called pre-hypertension.

Hypertension is a silent disease; you can have high blood pressure (hypertension) for years, causing damage to your vital organs without any symptoms. People without hypertension should have their blood pressure taken at least once a year.



Early diagnosis and proper management of hypertension will significantly reduce the chances of organ damage, heart disease, or stroke.

## **Risk Factors**

Hypertension usually develops over many years and eventually affects nearly everyone. Aging increases your likelihood of developing hypertension. Family history and race also influence your chances of developing hypertension. While you cannot change these risk factors, living a healthy lifestyle will prevent or delay the onset of hypertension. Some of the risk factors that you can control are:

- Tobacco
- Obesity
- Sedentary Lifestyle
- Sodium Consumption
- Alcohol Consumption
- Poor Sleep Hygiene





## **Health behaviors that can help lower your blood pressure**

**Avoid using any form of tobacco and nicotine**

**Consume a well-balanced diet:**

- **Rich in fresh fruits and vegetables**
- **Low in sodium**
  - **Remove the salt shaker from your table**
  - **Avoid processed foods**
  - **Shop for products “low in sodium”**
- **Avoid energy drinks and limit caffeine**
- **Low in saturated fats**
- **Follow a regular exercise program consisting of at least 30 minutes of aerobic activity three days a week and Muscular Strengthening 2 days a week.**
- **Drink alcohol in moderation**



**Practice good sleep habits**

**(attempt to get between 7-9 hours of uninterrupted sleep daily)**



## **Resources:**

ShipShape Program

[http://www.nmcphc.med.navy.mil/Healthy\\_Living/Weight\\_Management/shipshape\\_overview.aspx](http://www.nmcphc.med.navy.mil/Healthy_Living/Weight_Management/shipshape_overview.aspx)

Tobacco Cessation

[http://www.nmcphc.med.navy.mil/Healthy\\_Living/Tobacco\\_Cessation/Tobacco\\_PersonalHealth.aspx](http://www.nmcphc.med.navy.mil/Healthy_Living/Tobacco_Cessation/Tobacco_PersonalHealth.aspx)

Navy Operational Fitness and Fueling Series (NOFFS)

<http://www.navyfitness.org/fitness/noffs/>

## **References:**

The Seventh Report of the Joint National Committee on Prevention, Detection, Evaluation, and Treatment of High Blood Pressure

<http://www.nhlbi.nih.gov/guidelines/hypertension/jnc7full.pdf>

Sleep and Sleep Disorders

<http://www.cdc.gov/featur/sleep/>

Clinical guidelines of the identification, evaluation, and treatment of overweight and obesity in adults: The Evidence Report NIH PUBLICATION NO. 98-4083 SEPTEMBER

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[http://www.nhlbi.nih.gov/guidelines/obesity/ob\\_gdlns.pdf](http://www.nhlbi.nih.gov/guidelines/obesity/ob_gdlns.pdf)

Your guide to lowering high blood pressure

[http://www.nhlbi.nih.gov/hbp/prevent/p\\_active/p\\_active.htm](http://www.nhlbi.nih.gov/hbp/prevent/p_active/p_active.htm)