

# Take The Pressure Off

What You Need To Know About Blood Pressure

Blood Pressure - BP  
High Blood Pressure - HBP  
Cardiovascular Disease - CVD

In 2010, HBP was the **LEADING CAUSE OF DEATH** and **DISABILITY-ADJUSTED LIFE YEARS** worldwide.



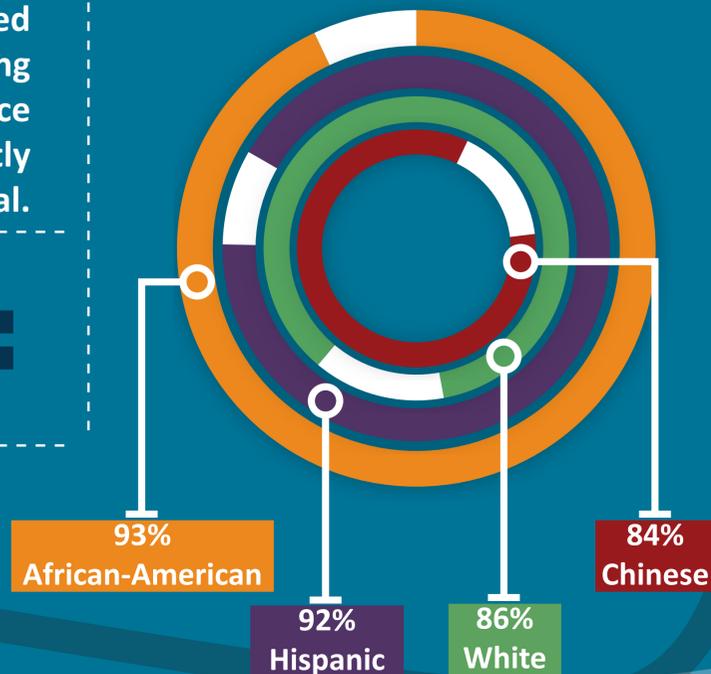
**>50%** of deaths from coronary heart disease and stroke occurred among individuals with HBP.

**WHITE COAT HBP** is characterized by elevated office BP but normal readings when measured outside the office.



71% of US adults diagnosed with diabetes have HBP.

For adults 45 years of age without hypertension, the 40-year risk of developing hypertension was:



**Masked HBP** is characterized by office readings suggesting normal BP but out-of-office readings are consistently above normal.

**SUSTAINED HBP**, BP readings are elevated in both office and out-of-office settings.

In the US, HBP accounted for more CVD deaths than any other modifiable CVD risk factor and was second only to cigarette smoking as a preventable cause of death for any reason.



## RISK FACTORS

### Modifiable

Factors that can be changed and, if changed, may reduce CVD risk.



Cigarette smoking/  
Secondhand smoke



Alcohol Intake  
(Recommend ≤ 1 drink daily for women and ≤ 2 drinks daily for men)



Diabetes out of control



High Cholesterol



Overweight/  
Obesity



Physical inactivity/  
low fitness



Unhealthy diet



Family history



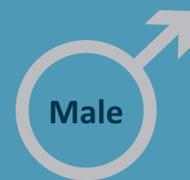
Chronic Kidney Disease



Increased age



Low Socioeconomic/  
Education Status



Male



Obstructive Sleep Apnea



Psychosocial stress

### Relatively Fixed

Factors that are difficult to change or may not reduce CVD risk.

## TIPS FOR THE BEST RESULTS



Do not exercise, use tobacco, or drink caffeine for 30 minutes before.



Use the restroom before.



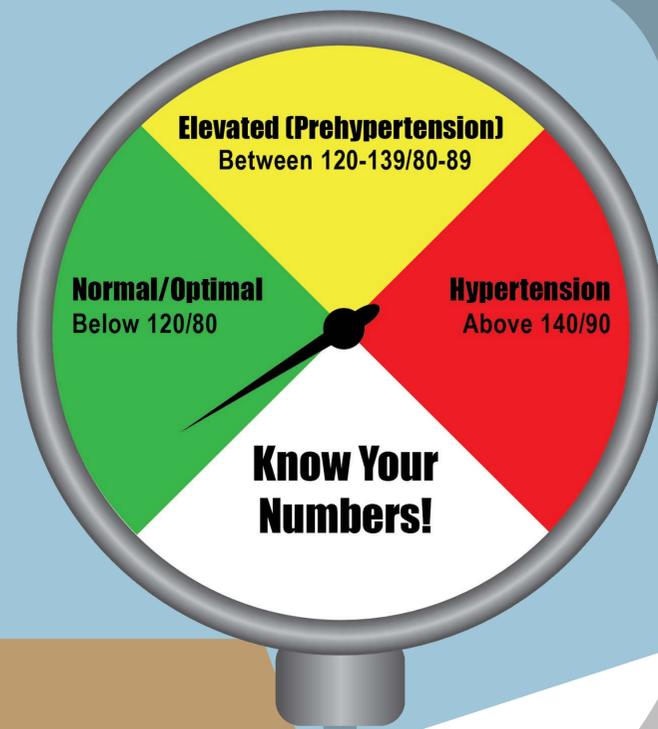
Be sure to sit back in a chair, feet flat on the floor.



Wear loose clothing (or request to wear a gown).

Make certain upper arm is at heart level with elbow slightly flexed, palm facing upwards, with arm supported.

Sit quietly (not on exam table) for 5 minutes or more (no talking).



NAVY AND MARINE CORPS PUBLIC HEALTH CENTER  
PREVENTION AND PROTECTION START HERE