



*What Goes Up Must  
Come Down!!*

*High Blood Pressure*

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# The Most Serious Health Condition in America!

# What is the condition?

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- Is it prostate cancer?
- Is it breast cancer?
- Is it colon cancer?
- Is it diabetes?
- Is it AIDS?



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The Most Serious Health Condition  
in America Is...

***High Blood Pressure!***

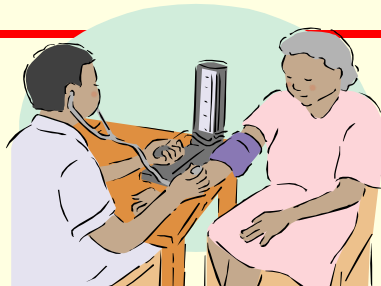


# Facts & Figures

- Affects an estimated 65 million Americans**
- Is the No. 1 preventable cause of avoidable deaths in America**
- The prevalence of hypertension is among the highest of any ethnic group in the world for African Americans**
- African Americans have: an 80% higher stroke mortality rate and a 50% higher heart disease mortality rate**
- It has been called the “silent killer—you can have it for years and feel well!**
- 65% of hypertension is not well controlled**
- Nearly one third of adults with high blood pressure do not know they have it**

# What Is High Blood Pressure?

High blood pressure is present when excessive pressure is present inside blood vessels. Blood may not flow as easily as it should. This puts added strain on your heart. The extra pressure in blood vessels causes damage over time. The damage can lead to heart attack, stroke, kidney problems, visual loss, and leg circulation problems. *These things are largely preventable.*



# How to Measure Your Blood Pressure

<u>Blood Pressure Category</u>	<u>Systolic</u>	<u>Diastolic</u>
Normal	Less than 120	Less than 80
Prehypertension	120-139	80-89
High		
Stage 1	140-159	90-99
Stage 2	160 or higher	100 or higher

# Controlling Your Blood Pressure

- **Measure your blood pressure At home-you can purchase your own machine for this without a prescription**
- **Maintain a healthy body weight-what is a healthy weight?**  
**A clue: waist size less than 35 for women and 40 for men. Losing just 10 pounds may help.**
- **Reduce salt intake to about 2300 mg. daily ( 1 teaspoon). Please read labels.**
- **Increase potassium by eating 5 or more servings of fruits and vegetables daily**



# Controlling Your Blood Pressure

- **Eat low fat dairy products-less whole milk , cheese, ice cream. Eat less red meat and more fish and poultry. The less meat you eat, the better**
- **Eat more whole grains, some nuts, and less processed foods/snack foods, and fast foods**
- **Exercise at least 30 minutes daily—the more the better!**
- **Learn to cope with stress**

# Your Blood Pressure and Medication

- Take medication as directed
- Identify medications by name not color
- Know the names and doses of your medications
- DO NOT stop medication unless advised to do so by your doctor
- Remember, it may be necessary to take more than one medication to control your blood pressure
- Call your doctor for ANY questions about your medications, such as side effects or allergies

***DO IT FOR YOUR FAMILY!***

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**You can  
control your  
blood pressure  
and live longer  
and better!**





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