


A photograph of a smiling man with a mustache, wearing a white shirt, being kissed on the cheek by a young girl in a red jacket with blue and white stripes on the sleeves. The girl has her hair styled in braids with blue beads. The background is a blurred outdoor setting with green grass and a building.

Hypertension Screening and Health Evangelism

A close-up photograph of a doctor in a white lab coat using a stethoscope to listen to a patient's arm. The patient is wearing a red long-sleeved shirt and a black blood pressure cuff. The background is a bright, out-of-focus white wall.

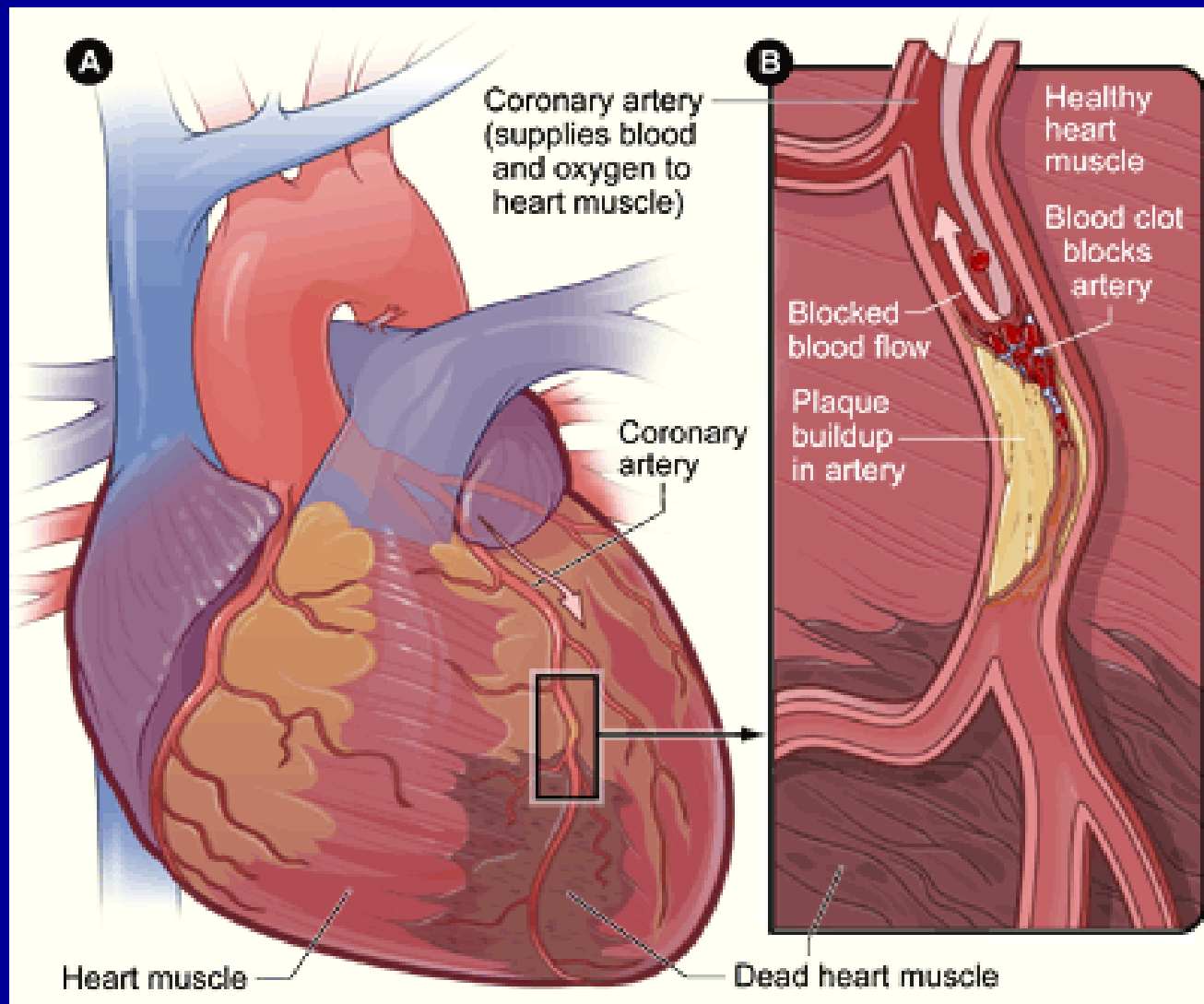
**What You
Should Know
About
Hypertension**

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.

Risk Factors for Heart Attack

- Hypertension-May play a significant role in heart attack
- Diabetes (elevated blood sugar)
- High Cholesterol
- Smoking
- Family history of heart attack
- Obesity
- Lack of exercise
- Stress



Risk Factors For Stroke

- The six major changeable risk factors are
- **Smoking**
- **High cholesterol**
- **High blood pressure**
- **Diabetes**
- **Physical inactivity**
- **Overweight/obesity**



The Impact of Stroke

- Stroke is the third-leading cause of death in the U.S. and a major cause of serious, long-term disability.
- Each year about 700,000 Americans have a stroke, so stroke strikes every 45 seconds.
- Someone dies of a stroke every 3 minutes.



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

How to Measure 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

***MEASURING
BLOOD PRESSURE
THE “NUMBERS” THAT CAN
SAVE A LIFE***



BLOOD PRESSURE MONITORS/CUFFS

- Digital Cuff



- Aneroid Cuff



- Finger and Wrist Cuffs, should not be used due to concerns with accuracy



The best blood pressure device for church and community screening is a battery powered self-inflating device:



MEASURING BLOOD PRESSURE

- ***Rest (sit) for 5 minutes - if possible***
- ***Sit in chair with both back and arm supported***
- ***Both feet flat on floor (or ground)***
- ***Legs uncrossed***
- ***Better to have on short sleeves or sleeves rolled up***

MEASURING BLOOD PRESSURE

Position of arm (preferable LEFT arm)

- *Rest arm on table*
- *Arm should be at the level of the heart*
- *Don't move the arm*

pressure

- *Wait 2-3 minutes (between measurements) if possible*
- *Record the lower reading*

Re-taking the



MEASURING BLOOD PRESSURE

Wrapping Cuff onto Arm

- *Wrap on upper arm at one & one-half (1 ½) inches above the elbow (inner) bend*
- *Cuff should fit snugly allowing for one finger to fit underneath*
- *Tubing of cuff should run down inner arm from bend of elbow – keep tubing straight*

TAKING THE BLOOD PRESSURE

Automatic B/P Monitor

Read Instructions (came with the monitor/cuff)

- ***Place cuff on arm as directed and demonstrated***
 - ***Push the on button – or- the start button followed by the on button***
 - ***Monitor stops at upper level of sensing the B/P***
 - ***Numbers appear on the monitor screen of the B/P monitor: systolic , diastolic and pulse***

MEASURING BLOOD PRESSURE

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- *Remember: large cuffs needed for larger arms*

NOTES ABOUT BLOOD PRESSURE MONITORS

- ***Blood pressure readings will vary during the day***
- ***Blood pressure is affected by immediate surroundings and events***
- ***Blood pressure may go up during a visit to the doctor.***
 - ***This is called “white coat hypertension”***

NOTES ABOUT MONITORS

- ***Checking the blood pressure monitor's function***
 - ***Take monitor (cuff) to the doctor's office and have it checked by the nurse or staff person for comparison of readings***
 - ***Check batteries' function at intervals***
 - ***Don't leave monitor in hot/cold car***

NOTES ABOUT BLOOD PRESSURE MONITORS

- **Checking the B/P Monitor's function**
 - *If readings are within 1-10 points it is probably ok*
 - *Different readings can be received at each measurement of B/P*
 - *Change batteries*
 - *Get the B/P rechecked by someone else*

PURCHASING A BLOOD PRESSURE MONITOR (CUFF)

Name Brands (Recommended)

- ***Omron and A&D are Quoted as Good Brands***
- ***Life Source is a Good Brand***
- ***Reli-On Brand at Wal - Mart***

Controlling Your Blood Pressure

- **Measure Your Blood Pressure At home-you can purchase your own machine for this**
- **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 sodium intake to about 1500 mg. daily (1 teaspoon). Please read labels.**
- **Increase potassium by eating 5 or more servings of fruits and vegetables daily**
- **Eat low fat dairy products-less whole milk , cheese, ice cream. Eat less red meat and more fish and poultry**
- **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!**
- **Take medications properly-you may need more than one!**
- **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

**Health
Ministry
Outreach
Using
Hypertension
Screening**



An Effective Outreach

- **Do not limit your outreach to health fairs**
- **Do hypertension and education everywhere you can: churches, community centers, shopping centers, community events, barbershops, and beauty shops**
- **Have along with you a variety of health brochures and teaching aids on hypertension and other topics. Give away health DVD's, pedometers. As feasible, do glucometer readings.**
- **Your most important piece of equipment is a battery powered, self-inflating blood pressure cuff, a place to record readings, and a referral system**
- **Use churches in the inner city as places for health ministry**
- **Do screenings in your own church**

Lessons Learned About Hypertension Screening

- **It is cost effective in times of limited budgets**
- **It attracts attention**
- **It allows for individual counseling on a variety of topics in addition to hypertension**
- **It allows for referral and assistance to those without health insurance**
- **It allows us to direct people to attend our church, and let them know about other church ministries, and events**

Lessons Learned About Hypertension Screening

- We have an opportunity for prayer ministry during the time of the screening, as some people request this
- When attending large community events such as health fairs and various festivals, we have been able to network with other churches and other community agencies to benefit our community
- Those in our church who do not have any medical training are able to participate in the outreach
- We are able to give away many brochures, magazines, and items such as step-counters to the community
- We are playing a role in helping to decrease the tremendous burden of preventable suffering and premature death in our community

Helping People To Live Longer And Better

*“But unto you that
fear my name
shall the Sun of
righteousness
arise with
healing in His
wings...”*

Malachi 4:2

