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# Hypertension

(High blood pressure)

Systolic (when the heart muscle contracts)

Diastolic (when the heart muscle rests & refills with blood)

Blood pressure risk category	systolic	diastolic
normal	<120	<80
prehypertension	120-139	80-89
hypertension	>140	>90

## **What can you do?**

- Get active- exercise at least a minimum of 30 minutes of daily walking
- Lose weight- obtain ideal body weight; 3 pound reduction can decrease a point in your blood pressure reading
- DASH diet- (Dietary Approaches to Stop Hypertension)
  - Reduce dietary sodium (salt)
  - Increase diet with more fruits, vegetables, and whole grains
  - Reduce saturated fat intake
  - Reduce alcohol intake  $\leq 2$  drinks a day for men and  $\leq 1$  drinks a day for women
- Stress reduction
- Smoking cessation

## **How to record your blood pressure**

- Take your blood pressure ONCE a day but at random times during the day
- Sit down for at least 5 minutes with feet flat on the floor
- Record and write your blood pressure
- Bring your blood pressure log to your next office visit so your provider can interpret

## **Long time risks of having high blood pressure**

- most people are asymptomatic but high blood pressure can cause long term damage
- headaches, blurred vision, heart enlargement, kidney damage, stroke, heart attack, or erectile dysfunction

## **What to expect**

- If lifestyle modifications are unable to bring your blood pressure down to a normal level your provider may prescribe you a blood pressure pill to take daily
- It is important to keep your follow-up appointments to monitor your blood pressure
- It is important to take your medication daily as prescribed by your provider
- If you have any questions or concerns please call the office to discuss