

Be careful. These substances can cause a temporary increase in blood pressure.

Urinate before taking your blood pressure. A full bladder can cause changes in your blood pressure reading.

Sit for at least 5 minutes before taking your blood pressure. Movement and activity can cause your blood pressure reading to be inaccurate.

What are the causes of high blood pressure?

There are two types of high blood pressure:

Essential or primary hypertension: Primary hypertension has no known cause and 95 percent of people with hypertension have this type of hypertension. Secondary hypertension: Secondary hypertension occurs due to a specific cause.

- ☐ Smoking
- ☐ Obesity and being overweight
- ☐ Diabetes
- ☐ Physical inactivity, such as sitting at a desk for a long time
- ☐ Not exercising
- ☐ Excessive salt and salty foods
- ☐ Alcohol consumption
- ☐ Stress
- ☐ Aging
- ☐ Genetic background
- ☐ Family history of high blood pressure ➤

What are the symptoms and complications of high blood pressure?

High blood pressure usually has no symptoms. Rarely, there may be headaches, unexplained nosebleeds, shortness of breath, and dizziness, although these symptoms can also be caused by causes other than high blood pressure.

High blood pressure can cause the following complications:

- ☐ The heart becomes larger and less powerful, which can lead to heart failure. Heart failure is a condition in which the heart cannot pump enough blood to the body.
- ☐ An aneurysm forms in a blood vessel. An aneurysm is an abnormal bulge in the wall of an artery. Common sites for this condition are the main arteries of the brain, lower limbs, intestines, and spleen, which carry blood from the heart to the rest of the body.
- ☐ The blood vessels in the kidneys become too narrow, which can cause kidney failure.
- ☐ Arteries in some areas of the body become narrow, restricting blood flow (especially to the heart, brain, kidneys, and limbs). This can lead to heart attack, cardiac arrest, kidney failure, or amputation.

What is high blood pressure?

High blood pressure is a serious disease that can lead to heart failure, coronary artery disease, cardiac arrest, and kidney failure. Blood pressure is the pressure that blood exerts on the walls of the arteries as it travels through the blood vessels. Blood pressure itself has no symptoms. You may have high blood pressure for years and not realize it, but at the same time, your heart, kidneys, blood vessels, and many other parts of your body are being damaged. That's why you should always know your blood pressure.

Blood pressure consists of two numbers:

- The higher number is systolic blood pressure and is when the heart contracts and pushes blood into the body's veins.
- The smaller number is diastolic blood pressure and is when the heart is resting between contractions. The unit used to measure blood pressure is called millimeters of mercury. Blood pressure in healthy people fluctuates constantly. For example, blood pressure is low when resting and high during activity and exercise. Your health is at risk when your blood pressure is higher than normal most of the time.

What is the systolic and diastolic pressure in healthy years old? \^people over

High blood pressure of 120/80 means you are at risk of developing hypertension, and if your systolic blood pressure is between 120 and 139 and your diastolic blood pressure is between 89 and 90, you will develop hypertension unless you start taking precautions

نکته:

If you have diabetes or chronic kidney disease, the definition of the disease is blood pressure higher than 130/80

High blood pressure



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**Last revised:
Farvardin 1404**

Chronic stress can cause high blood pressure.

Think about what causes you stress (work, school, finances, etc.). Now think about how you can remove these stressors from your life.

Here are some tips you need to know to reduce stress: Change your expectations: Give yourself time to get things done.

Problem Solving:

Think about the problems that are causing you stress and make a plan to solve them. Count on your family, boss, and friends to solve the problems and ask for their help.

Identify the cause of stress: You need to identify the stressors or even the people who are causing you stress and spend less time with them or avoid driving during rush hour.

Relax: Set aside 15 to 20 minutes for yourself every day and sit in a quiet place, take deep breaths, and enjoy what you are doing.

Be grateful and appreciative: Being grateful can reduce stressful thoughts.

Work less: Leave work early to go to a gym class or make a proper meal.

Ways to control blood pressure
Lose weight and watch your waistline. ۱.

Weight gain has a direct relationship with blood pressure, meaning that people who are overweight are generally at greater risk of high blood pressure.

You should also watch your waistline, carrying a lot of weight around your waist also increases your risk of high blood pressure.

Exercise regularly. ۲-

30 minutes of exercise most days of the week can lower blood pressure.

The best exercises for treating blood pressure are walking, jogging, cycling, swimming, and dancing

Healthy diet ۳-

A diet rich in whole grains, fruits, vegetables, and low-fat dairy products, and free of saturated fat and cholesterol. Increase your potassium intake because potassium can reduce the effect of sodium on blood pressure. The best sources of potassium are foods, including fruits and vegetables (including potatoes, tomatoes, orange juice, bananas, peas, and raisins), not supplements.

۴- Reduce the amount of sodium in your diet

۵- Drink less alcohol

۶- Quit smoking

۷- Reduce caffeine intake

۸- Check your blood pressure regularly

۹- Reduce your stress.