

# BEWARE OF THE SILENT KILLER!!!

## Hypertension

### What is Hypertension?

Your heart pumps blood around your body. Blood pressure is the force of blood against your blood vessels as it circulates through your body. This force is necessary to make the blood flow, delivering nutrients and oxygen throughout your body. However, high blood pressure, also called Hypertension means there is too much pressure in your blood vessels. This can damage your blood vessels and cause health problems.

### Should you monitor your blood pressure?

Anyone can develop high blood pressure, but it becomes more common as you get older. Whether or not you have high blood pressure, it is important to have your blood pressure checked regularly. High blood pressure has no warning signs or symptoms—which is why it is a “silent killer”. Therefore, blood pressure needs to be measured regularly.

### High Blood Pressure is very common

If either the systolic or diastolic number is consistently high, you need to make changes to your lifestyle. You may need further monitoring and drug treatment.

### Understand your numbers

There are two blood pressure measurements. Systolic pressure is the higher blood pressure measurement. It occurs when your heart contracts. Diastolic pressure is the lower pressure measurement, and it occurs when your heart relaxes and fills with blood.

Stages of Hypertension			
Category	Systolic		Diastolic
Normal	< 120	and	< 80
Prehypertension	120-139	or	80-89
High Blood Pressure/Hypertension			
Stage 1 Hypertension	140-159	or	90-99
Stage 2 Hypertension	≥ 160	or	≥ 100



### REFERENCES:

<http://www.mountsinai.on.ca>



Office of the Premier

NORTHERN CAPE PROVINCE

EMPLOYEE HEALTH AND WELLNESS UNIT