



Treatment of BP

All people with hypertension need to make lifestyle changes—healthy diet, regular exercise, healthy weight and low salt and alcohol intake. Medical treatment needs to be discussed with your doctor. Many people will require medications that they will have to take for the rest of their lives.

Some people will require more tests to see if there is a specific cause for their high blood pressure. This may require specific treatment.



About your Medication

Take your prescribed medication every day.

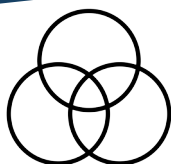
- **Angiotensin converting enzyme inhibitors**
Side Effects: Angio-oedema (swelling of lips, throat or face. Stop the treatment and see a doctor) cough, high potassium.
- **Angiotensin receptor blockers**
Side Effects: High potassium.
- **Calcium Channel blocker**
Side Effects: Headache, ankle swelling, constipation.
- **Diuretic (thiazide or thiazide-like)**
Side Effects: Increase glucose, gout, low sodium or potassium.





What is High Blood Pressure (BP)?

High Blood Pressure (BP) is when the pressure in the arteries rises and remains high. High BP (also known as hypertension) affects about 3 out of 10 adults in South Africa



Are there other diseases that are often seen with high BP?

YES: • Diabetes • High cholesterol • Obesity

Complications of uncontrolled Hypertension (HPT)



Brain
Stroke



Heart
Abnormal Heart beat, Heart attacks, Heart failure



Kidneys
Kidney failure



Eyes
Blindness



How to Prevent High BP

- Eat a healthy diet – low in salt and sugar and high in fresh fruit and vegetables.
- Exercise every day for 30 minutes.
- Limit alcohol intake.
- Don't smoke.
- Have a healthy weight that is normal for your height.



Investigations

You should have your heart checked using an ECG and have your kidneys checked with urine tests every year. Every year you should also be checked for diabetes and high cholesterol.



Screening

High BP is usually free of symptoms so you should check your BP every year. The BP is taken with a cuff that squeezes your arm and as it releases it will detect the blood flow in your artery. The first reading is when the blood flow starts and the second reading is when the blood flows smoothly.

Avoid food, coffee and smoking for half an hour before the BP is taken.

Blood Pressure Readings:

Normal: <120/80mmHg

Hypertension: ≥140/90mmHg

There are 3 grades of Hypertension

1: 140-159/90-99mmHg

2: 160-179/100-109mmHg

3: ≥180/110mmHg

What makes the BP high?

- Age
- Race
- Being overweight
- High BP in your family
- Gender
- Lack of exercise
- Poor diet

Why should you worry about high BP?

High BP is the major cause of strokes, heart attacks, heart failure and kidney failure. All these diseases lead to poor lifestyle and cause death.