

HIGH BLOOD PRESSURE (HYPERTENSION)

Definition

High blood pressure is a common condition in which the force of the blood against your artery walls is high enough that it may eventually cause health problems, such as heart disease.

Blood pressure is determined by the amount of blood your heart pumps and the amount of resistance to blood flow in your arteries. The more blood your heart pumps and the narrower your arteries, the higher your blood pressure.

You can have high blood pressure (hypertension) for years without any symptoms. Even without symptoms, damage to blood vessels and your heart continues and can be detected. Uncontrolled high blood pressure increases your risk of serious health problems, including heart attack and stroke.

High blood pressure generally develops over many years, and it affects nearly everyone eventually. Fortunately, high blood pressure can be easily detected. And once you know you have high blood pressure, you can work with your doctor to control it.

Symptoms

Most people with high blood pressure have no signs or symptoms, even if blood pressure readings reach dangerously high levels.

Although a few people with early-stage high blood pressure may have dull headaches, dizzy spells or a few more nosebleeds than normal, these signs and symptoms usually don't occur until high blood pressure has reached a severe or life-threatening stage.

When to see a doctor

You'll likely have your blood pressure taken as part of a routine doctor's appointment.

Ask your doctor for a blood pressure reading at least every two years starting at age 18. Blood pressure should be checked in both arms to determine if there is a difference. Your doctor will likely recommend more frequent readings if you've already been diagnosed with high blood pressure or other risk factors for cardiovascular disease. Children age 3 and older will usually have their blood pressure measured as a part of their yearly checkups.

If you don't regularly see your doctor, you may be able to get a free blood pressure screening at a health resource fair or other locations in your community. You can also find machines in some stores that will measure your blood pressure for free, but these machines can give you inaccurate results.

Causes

There are two types of high blood pressure.

Primary (essential) hypertension: For most adults, there's no identifiable cause of high blood pressure. This type of high blood pressure, called essential hypertension or primary hypertension, tends to develop gradually over many years.

Secondary hypertension: Some people have high blood pressure caused by an underlying condition. This type of high blood pressure, called secondary hypertension, tends to appear suddenly and cause higher blood pressure than does primary hypertension.

Various conditions and medications can lead to secondary hypertension, including:

- Kidney problems
- Adrenal gland tumors
- Thyroid problems
- Certain defects in blood vessels you're born with (congenital)
- Certain medications, such as birth control pills, cold remedies, decongestants, illegal drugs, such as cocaine and amphetamines
- Alcohol abuse or chronic alcohol use
- Obstructive sleep apnea

10 ways to control high blood pressure without medication or over-the-counter pain relievers and some prescription drugs

1. Lose extra pounds and watch your waistline
2. Exercise regularly

3. Eat a healthy diet
4. Reduce sodium in your diet
5. Limit the amount of alcohol you drink
6. Avoid tobacco products and secondhand smoke
7. Cut back on caffeine
8. Reduce your stress
9. Monitor your blood pressure at home and make regular doctor's appointments
10. Get support from family and friends

Risk factors

High blood pressure has many risk factors, including:

- **Age:** The risk of high blood pressure increases as you age. Through early middle age, or about age 45, high blood pressure is more common in men. Women are more likely to develop high blood pressure after age 65.
- **Race:** High blood pressure is particularly common among blacks, often developing at an earlier age than it does in whites. Serious complications, such as stroke, heart attack, and kidney failure, also are more common in blacks.
- **Family history:** High blood pressure tends to run in families.
- **Being overweight or obese:** The more you weigh the more blood you need to supply oxygen and nutrients to your tissues. As the volume of blood circulated through your blood vessels increases, so does the pressure on your artery walls.
- **Not being physically active:** People who are inactive tend to have higher heart rates. The higher your heart rate, the harder your heart must work with each contraction and the stronger the force on your arteries. Lack of physical activity also increases the risk of being overweight.
- **Using tobacco:** Not only does smoking or chewing tobacco immediately raise your blood pressure temporarily, but the chemicals in tobacco can damage the lining of your artery walls.

This can cause your arteries to narrow, increasing your blood pressure. Secondhand smoke also can increase your blood pressure.

- **Too much salt (sodium) in your diet:** Too much sodium in your diet can cause your body to retain fluid, which increases blood pressure.

- **Too little potassium in your diet:** Potassium helps balance the amount of sodium in your cells. If you don't get enough potassium in your diet or retain enough potassium, you may accumulate too much sodium in your blood.
- **Too little vitamin D in your diet.** It's uncertain if having too little vitamin D in your diet can lead to high blood pressure. Vitamin D may affect an enzyme produced by your kidneys that affects your blood pressure.
- **Drinking too much alcohol:** Over time, heavy drinking can damage your heart. Having more than two drinks a day for men and more than one drink a day for women may affect your blood pressure.
- **If you drink alcohol, do so in moderation.** For healthy adults, that means up to one drink a day for women of all ages and men older than age 65, and up to two drinks a day for men age 65 and younger.
- **Stress:** High levels of stress can lead to a temporary increase in blood pressure. If you try to relax by eating more, using tobacco or drinking alcohol, you may only increase problems with high blood pressure.
- **Certain chronic conditions:** Certain chronic conditions also may increase your risk of high blood pressure, such as kidney disease and sleep apnea.

Sometimes pregnancy contributes to high blood pressure, as well.

Although high blood pressure is most common in adults, children may be at risk, too. For some children, high blood pressure is caused by problems with the kidneys or heart. But for a growing number of kids, poor lifestyle habits, such as an unhealthy diet, obesity and lack of exercise, contribute to high blood pressure.

Complications

The excessive pressure on your artery walls caused by high blood pressure can damage your blood vessels, as well as organs in your body. The higher your blood pressure and the longer it goes uncontrolled, the greater the damage.

Uncontrolled high blood pressure can lead to:

- **Heart attack or stroke:** High blood pressure can cause hardening and thickening of the arteries (atherosclerosis), which can lead to a heart attack, stroke or other complications.
- **Aneurysm:** Increased blood pressure can cause your blood vessels to weaken and bulge, forming an aneurysm. If an aneurysm ruptures, it can be life-threatening.

- Heart failure: To pump blood against the higher pressure in your vessels, your heart muscle thickens. Eventually, the thickened muscle may have a hard time pumping enough blood to meet your body's needs, which can lead to heart failure.
- Weakened and narrowed blood vessels in your kidneys: This can prevent these organs from functioning normally.
- Thickened, narrowed or torn blood vessels in the eyes: This can result in vision loss.
- Metabolic syndrome: This syndrome is a cluster of disorders of your body's metabolism, including increased waist circumference; high triglycerides; low high-density lipoprotein (HDL); or "good," cholesterol; high blood pressure; and high insulin levels.
- If you have high blood pressure, you're more likely to have other components of metabolic syndrome. The more components you have, the greater your risk of developing diabetes, heart disease or stroke.
- Trouble with memory or understanding: Uncontrolled high blood pressure may also affect your ability to think, remember and learn. Trouble with memory or understanding concepts is more common in people with high blood pressure.

Preparing for your appointment

If you think you may have high blood pressure, make an appointment with your family doctor or health care provider to have your blood pressure checked.

No special preparations are necessary to have your blood pressure checked. You might want to wear a short-sleeve shirt to your appointment so that the blood pressure cuff can fit around your arm properly. You might want to avoid caffeinated food and drinks right before your test. You should also use the toilet before having your blood pressure measured.

Because some medications, such as over-the-counter cold medicines, pain medications, antidepressants, birth control pills and others, can raise your blood pressure, it might be a good idea to bring a list of medications and supplements you take to your doctor's appointment. Don't stop taking any prescription medications that you think may affect your blood pressure without your doctor's advice.

Because appointments can be brief, and because there's often a lot to discuss, it's a good idea to be prepared for your appointment. Here's some information to help you get ready for your appointment, and what to expect from your doctor.

What you can do

- Write down any symptoms you're experiencing: High blood pressure seldom has symptoms, but it is a risk factor for heart disease. Letting your doctor know if you have symptoms like chest pains or shortness of breath can help your doctor decide how aggressively your high blood pressure needs to be treated.
- Write down key personal information, including a family history of high blood pressure, high cholesterol, heart disease, stroke or diabetes, and any major stresses or recent life changes.
- Make a list of all medications, vitamins or supplements that you're taking.
- Take a family member or friend along, if possible. Sometimes it can be difficult to remember all the information provided to you during an appointment. Someone who accompanies you may remember something that you missed or forgot.
- Be prepared to discuss your diet and exercise habits. If you don't already follow a diet or exercise routine, be ready to talk to your doctor about any challenges you might face in getting started.
- Write down questions to ask your doctor.

Your time with your doctor is limited, so preparing a list of questions will help you make the most of your time together. List your questions from most important to least important in case time runs out.

What you can do in the meantime

It's never too early to make healthy lifestyle changes, such as quitting smoking, eating healthy foods and becoming more physically active. These are primary lines of defense against high blood pressure and its complications, including heart attack and stroke.

Tests and diagnosis

To measure your blood pressure, your doctor or a specialist will usually place an inflatable arm cuff around your arm and measure your blood pressure using a pressure-measuring gauge.

A blood pressure reading, given in millimeters of mercury (mm Hg), has two numbers. The first, or upper, number measures the pressure in your arteries when your heart beats (systolic pressure). The second, or lower, number measures the pressure in your arteries between beats (diastolic pressure).

Blood pressure measurements fall into four general categories:

- Normal blood pressure: Your blood pressure is normal if it's below 120/80 mm Hg. However, some doctors recommend 115/75 mm Hg as a better goal. Once blood pressure rises above 115/75 mm Hg, the risk of cardiovascular disease begins to increase.
- Prehypertension: Prehypertension is a systolic pressure ranging from 120 to 139 mm Hg or a diastolic pressure ranging from 80 to 89 mm Hg. Prehypertension tends to get worse over time.
- Stage 1 hypertension: Stage 1 hypertension is a systolic pressure ranging from 140 to 159 mm Hg or a diastolic pressure ranging from 90 to 99 mm Hg.
- Stage 2 hypertension: More severe hypertension, stage 2 hypertension is a systolic pressure of 160 mm Hg or higher or a diastolic pressure of 100 mm Hg or higher.

Both numbers in a blood pressure reading are important. But after age 60, the systolic reading is even more significant.

Isolated systolic hypertension — when diastolic pressure is normal but systolic pressure is high — is a common type of high blood pressure among people older than 60.

Your doctor will likely take two to three blood pressure readings each at three or more separate appointments before diagnosing you with high blood pressure. This is because blood pressure normally varies throughout the day, and sometimes specifically during visits to the doctor, a condition called white-coat hypertension. Your blood pressure should be measured in both arms to determine if there is a difference. Your doctor may ask you to record your blood pressure at home and at work to provide additional information.

If you have any type of high blood pressure, your doctor will review your medical history and conduct a physical examination.

Your doctor may also recommend routine tests, such as a urine test (urinalysis), blood tests and an electrocardiogram — a test that measures your heart's electrical activity. Your doctor may also recommend additional tests, such as a cholesterol test, to check for more signs of heart disease.

Taking your blood pressure at home

An important way to check if your blood pressure treatment is working, or to diagnose worsening high blood pressure, is to monitor your blood pressure at home. Home blood pressure monitors are widely available, and you don't need a prescription to buy one. Talk to your doctor about how to get started.

Treatments and drugs

Changing your lifestyle can go a long way toward controlling high blood pressure. Your doctor may recommend you eat a healthy diet with less salt, exercise regularly, quit smoking and maintain a healthy weight. But sometimes lifestyle changes aren't enough.

In addition to lifestyle changes, your doctor may recommend medication to lower your blood pressure.

Your blood pressure treatment goal depends on how healthy you are.

Lifestyle and home remedies

Lifestyle changes can help you control and prevent high blood pressure, even if you're taking blood pressure medication. Here's what you can do:

- Eat healthy foods: Try the Dietary Approaches to Stop Hypertension (DASH) diet, which emphasizes fruits, vegetables, whole grains and low-fat dairy foods. Get plenty of potassium, which can help prevent and control high blood pressure. Eat less saturated fat and total fat.
- Decrease the salt in your diet: A lower sodium level — 1,500 milligrams (mg) a day — is appropriate for people 51 years of age or older, and individuals of any age who are African-American or who have hypertension, diabetes or chronic kidney disease.

Otherwise healthy people can aim for 2,300 mg a day or less. While you can reduce the amount of salt you eat by putting down the saltshaker, you should also pay attention to the amount of salt that's in the processed foods you eat, such as canned soups or frozen dinners.

- Maintain a healthy weight: If you're overweight, losing even 5 pounds (2.3 kilograms) can lower your blood pressure.
- Increase physical activity: Regular physical activity can help lower your blood pressure and keep your weight under control. Strive for at least 30 minutes of physical activity a day.
- Limit alcohol: Even if you're healthy, alcohol can raise your blood pressure. If you choose to drink alcohol, do so in moderation. For healthy adults, that means up to one drink a day for women of all ages and men older than age 65, and up to two drinks a day for men age 65 and younger.
- Don't smoke: Tobacco injures blood vessel walls and speeds up the process of hardening of the arteries. If you smoke, ask your doctor to help you quit.

- **Manage stress:** Reduce stress as much as possible. Practice healthy coping techniques, such as muscle relaxation and deep breathing. Getting plenty of sleep can help, too.
- **Practice relaxation or slow, deep breathing:** Practice taking deep, slow breaths to help relax. There are some devices available that can help guide your breathing for relaxation. However, it's questionable whether these devices have significant effect on lowering your blood pressure.
- **Monitor your blood pressure at home:** Home blood pressure *monitoring can help you keep closer tabs on your blood pressure, show if medication is working, and even alert you and your doctor to potential complications.* If your blood pressure is under control, you may be able to make fewer visits to your doctor if you monitor your blood pressure at home.

Alternative medicine

Although diet and exercise are the most appropriate tactics to lower your blood pressure, some supplements also may help lower it. However, more research is needed. These include:

- Fiber, such as blond psyllium and wheat bran
- Minerals, such as calcium and potassium
- Supplements that increase nitric oxide or widen blood vessels (vasodilators), such as cocoa, Coenzyme Q10 or garlic
- Omega-3 fatty acids, found in fatty fish, fish oil supplements or flaxseed

While it's best to include these supplements in your diet as foods, you can also take supplement pills or capsules. Talk to your doctor before adding any of these supplements to your blood pressure treatment. Some supplements can interact with medications, causing harmful side effects, such as an increased bleeding risk that could be fatal.

You can also practice relaxation techniques, such as yoga or deep breathing, to help you relax and reduce your stress level. These practices may temporarily reduce your blood pressure.

Coping and support

High blood pressure isn't a problem that you can treat and then ignore. It's a condition you need to manage for the rest of your life. To keep your blood pressure under control:

- **Take your medications properly:** If side effects or costs pose problems, don't stop taking your medications. Ask

your doctor about other options.

- **Schedule regular doctor visits:** It takes a team effort to treat high blood pressure successfully. Your doctor can't do it alone, and neither can you. Work with your doctor to bring your blood pressure to a safe level, and keep it there.
- **Adopt healthy habits:** Eat healthy foods, lose excess weight and get regular physical activity. Limit alcohol. If you smoke, quit.
- **Manage stress:** Say no to extra tasks, release negative thoughts, maintain good relationships, and remain patient and optimistic.

Sticking to lifestyle changes can be difficult, especially if you don't see or feel any symptoms of high blood pressure. If you need motivation, remember the risks associated with uncontrolled high blood pressure. It may help to enlist the support of your family and friends as well.

Source: The Mayo Clinic

Contact us

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