

Living Well with High Blood Pressure



Presented by:
Home Health Monitoring Service

Plan for today

- Introductions
- Myths
- What is blood pressure?
- What is hypertension?
- Monitoring blood pressure
- Blood pressure management
- Medications
- Exercise and physical activity





*What do you have to say
about blood pressure?*

Myths Part 1

- High blood pressure runs in my family. There is nothing I can do to prevent it.
- I don't use table salt, so I'm in control of my sodium intake and my blood pressure.
- I use kosher or sea salt when I cook instead of regular table salt. They are low-sodium alternatives
- I feel fine. I don't have to worry about high blood pressure
- I was diagnosed with high blood pressure, but I have been maintaining lower readings, so I can stop taking my medication



Myths Part 2



- People with high blood pressure have nervousness, sweating, difficulty sleeping and their face becomes flushed. I don't have those symptoms so I'm good
- I read that wine is good for the heart, which means I can drink as much as I want
- I have high blood pressure and my doctor checks it for me. This means I don't need to check it at home

High Blood Pressure

High blood pressure cannot be cured,
but it can be treated.



What is blood pressure?

- One of the vital signs indicating overall health
- The force of blood against the walls of the blood vessels
- High blood pressure means too much pressure in the vessels
- Low blood pressure is a concern if you have symptoms
- Risk factors include family history, age and gender
- Other risk factors that can be controlled are smoking status, alcohol intake, exercise and diet

What is Hypertension?

- Hypertension (HTN) and high blood pressure often used interchangeably
- Medically, HTN is a specific condition
- Often termed “silent killer”
- Can affect anyone
- Once developed, usually lasts for life
- Among the leading cause of death and disability worldwide
- Increases the risk of developing other health problems
- Can be prevented and controlled

Let's Talk Numbers

- How is blood pressure measured?
- What do my numbers mean?
- What should my blood pressure be?



When is it An Emergency?

- Signs of a stroke (FAST)
 - Facial drooping?
 - Arms: can you raise both?
 - Speech: is it slurred or jumbled
 - Time: to call 911 right away
- Signs of a heart attack
 - Chest discomfort (pressure, squeezing, heaviness)
 - Shortness of breath
 - Sweating
 - Nausea
 - Light headedness

Monitoring Blood Pressure

- How often should it be measured?
- When and why should it be measured
- “White coat” syndrome
- Masked hypertension



Blood Pressure Management

Prevention

- Healthy eating
- Limiting sodium (salt)
- Maintain or reduce weight
- Be physically active
- Manage stress
- Limit alcohol
- Do not smoke

Control

- Adopt the prevention tips
- Adopt DASH diet
- Take medications as directed
- Know what your BP should be
- Monitor your pressure

Alcohol Consumption

- Limit yourself to no more than:
 - Two drinks a day most days, to a weekly maximum of 10 for women
 - Three drinks a day most days, to a weekly maximum of 15 for men
- A “drink” means:
 - 12 oz (1 bottle) of regular strength beer (5% alcohol)
 - 5 oz wine (12% alcohol)
 - 1 1/2 oz spirits (40% alcohol)

Smoking

- Smoking can affect medicines used to treat high blood pressure. Uncontrolled or poorly controlled high blood pressure is a leading cause of kidney disease.
- Smoking slows the blood flow to important organs like the kidneys and can make kidney disease worse.





Healthy eating is among the most impactful lifestyle strategies you can adopt to control your blood pressure

Healthy Eating

- Eating at home
- Eating out
- The DASH diet



Eating at Home: Tips to Reduce Sodium

- Avoid adding salt
- Homemade is best
- Read nutrition labels
- Limit salty condiments
- Use less-salty alternatives
- Use low-salt alternatives in moderation
- Watch for sodium hidden in foods that don't taste salty



Eating Out

- Check nutrition information
- Choose fresh items
- Request less salt and other seasonings to be added
- Ask for sauces on the side



Menu Makeover

Instead of...	Sodium (mg)	Try...	Sodium (mg)
Raisin bran muffin (large)	800	Multigrain bread: 2 slices	300
Butter – 2 pats	75	Peanut butter: 1 tbsp.	75
Flavoured coffee 16 oz	300	Coffee with 2 oz of 1% milk	32
Total	1175	Total	407

Breakfast

Dinner

Instead of . . .	Sodium (mg)	Try . . .	Sodium (mg)
Fast food chicken burger	990	Grilled Chicken Breast 75g	64
Medium Fries	540	Baked Potato + 1tbsp. Yogurt	43
1tbsp. Ketchup	110	6 tomato slices	11
Apple turnover	200	Canned peaches 1 cup	5
Milkshake 16oz	350	1% milk 8oz	122
Total	2190	Total	245

Dine and DASH

- Dietary
- Approach to
- Stop
- Hypertension
- Similar to Canada's Food Guide, shown to lower blood pressure
- Emphasis on vegetables and fruits, low-fat milk products, whole grains, lean meats, fish, dried beans and nuts.



Reading Food Labels



Nutrition Facts	
Serving Size 1 Meal (227g)	
Amount Per Serving	
Calories 240	Calories from Fat 80
% Daily Value*	
Total Fat 9g	14%
Saturated Fat 3g	15%
Trans Fat 0g	
Cholesterol 10mg	3%
Sodium 930mg	39%
Potassium 100mg	5%
Total Carbohydrate 32g	11%
Dietary Fiber 3g	12%
Sugars 5g	
Protein 8g	

Food labels, including the **Ingredients** list and **Nutrition Facts** table found on packaged foods can help you keep track of the amount of sodium you are eating and make heart healthy choices.

Ingredients: are listed in order from highest amount to least amount. Look for foods that contain whole grains and healthy unsaturated fats.

Nutrition Facts: table lists the amount of carbohydrate, fat and sodium, among other things. Be sure to make note of the serving size you plan to eat.

Medications

- Your care provider may prescribe:
 - Angiotensin-converting enzyme inhibitors (ACE inhibitors)
 - Angiotensin receptor blockers (ARBs)
 - Calcium channel blockers (CCBs)
 - Diuretics (water pills)
 - Beta blockers



Why am I on two or more medications?

Medications Cont'd

- Everyone responds differently
- Some need more than one
- Work best when combined with lifestyle changes
- Can take time to become fully effective
- Your readings log will help determine your medication regime

Remember . . .

- Do not stop taking your medications when your pressure returns to normal
- Take as directed and renew as prescribed
- Report side effects
- Do not stop taking medications without speaking to your care provider first
- Adopt lifestyle strategies and keep at them

Exercise & Physical Activity



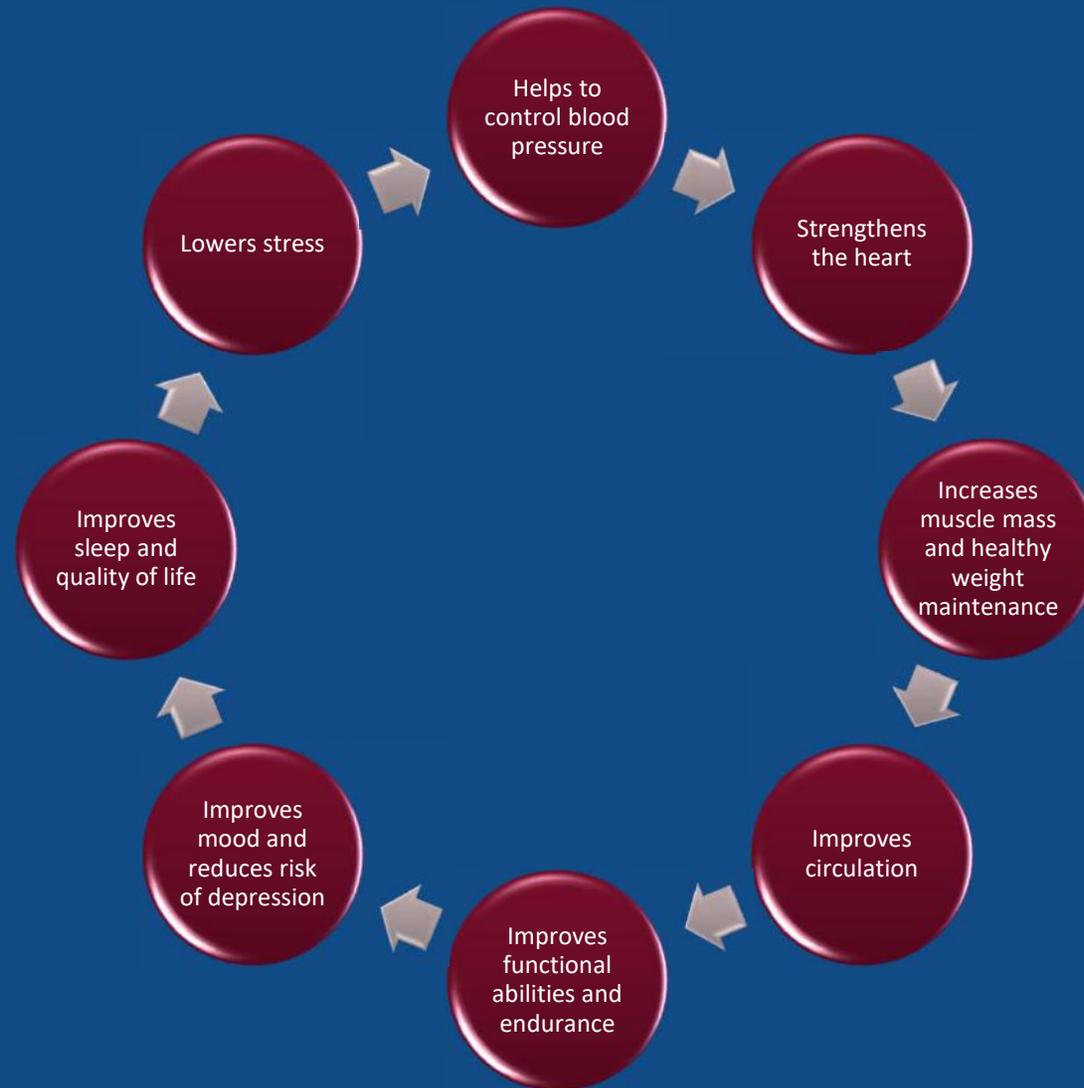
Questions to Think About

Am I doing some exercise and physical activity on a regular basis?



- If yes, what do I do? How often?
- If no, what makes it difficult for me to exercise?

Benefits of Exercise for Hypertension



Thinking About Increasing your Exercise & Activity Levels?

- At least 30 minutes per day is recommended
- Include flexibility and stretching exercises
- Include muscle-strengthening at least 2 days/week
- Discuss your exercise plan with your doctor or health professional before starting it!

Resources

- Hypertension Canada Guidelines: Understanding and Managing Your Blood Pressure
[guidelines.hypertension.ca](https://www.hypertension.ca/guidelines.hypertension.ca)
- American Heart Association: Getting Active to Control High Blood Pressure
<https://www.heart.org/en/health-topics/high-blood-pressure/changes-you-can-make-to-manage-high-blood-pressure/getting-active-to-control-high-blood-pressure>
- American Heart Association: Common High Blood Pressure Myths
<https://www.heart.org/en/health-topics/high-blood-pressure/the-facts-about-high-blood-pressure/common-high-blood-pressure-myths>