

# 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

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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          |
| <b>Total</b>               | <b>1175</b> | <b>Total</b>                | <b>407</b>  |

## 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         |
| <b>Total</b>             | <b>2190</b> | <b>Total</b>                 | <b>245</b>  |

# 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



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



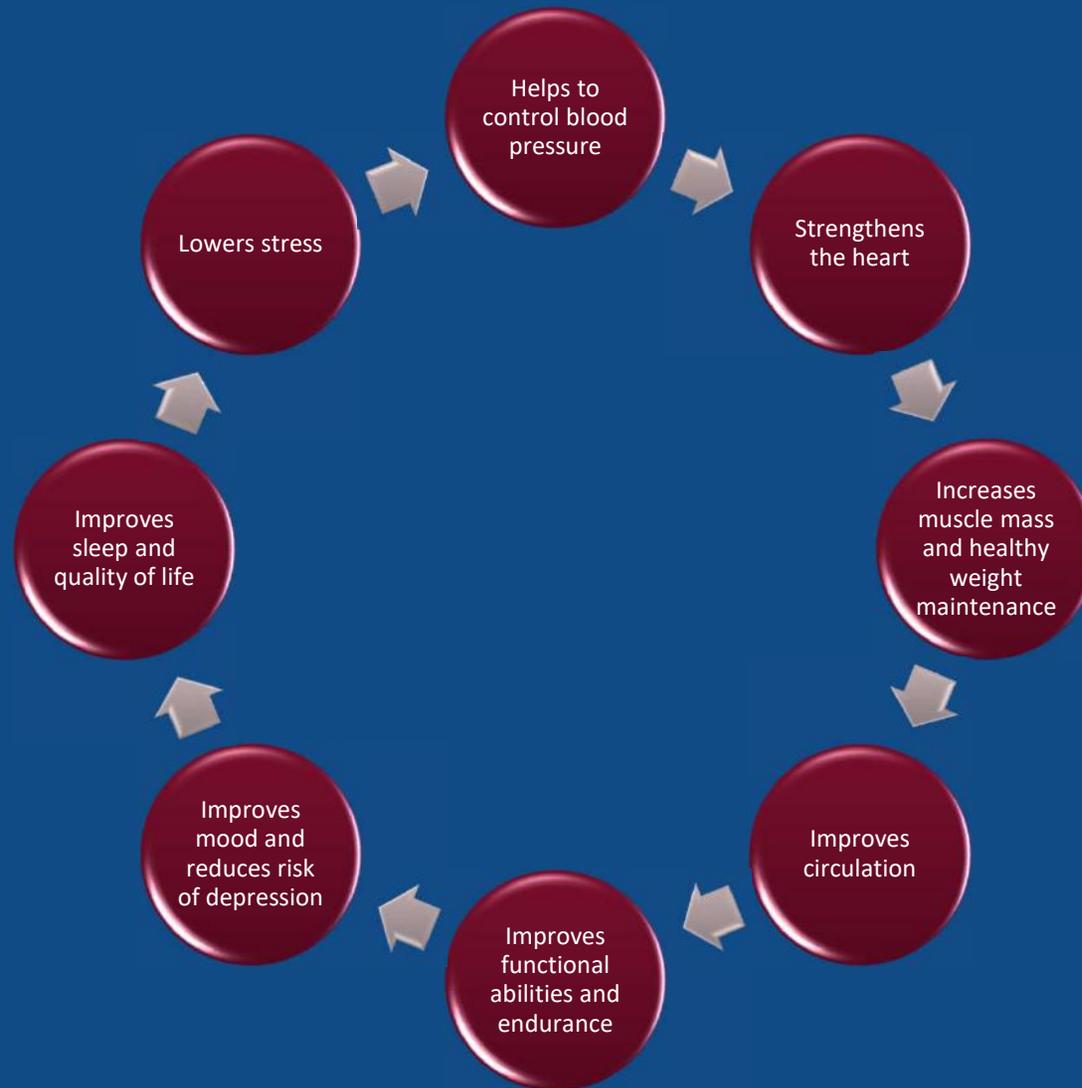
# Questions to Think About

*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>