



NEW JERSEY
MEDICAL SCHOOL

University of Medicine & Dentistry of New Jersey

What is Hypertension?

Hypertension=High Blood Pressure

Organs need **blood** to work.

Blood vessels carry **blood** to **organs**.



Normal Blood Vessel

Hypertension Blood Vessel is **THICK**

High Blood Pressure



Thick blood vessels



Less blood to organs



Organs STOP working

High Blood Pressure is a "Silent Killer"

YOU won't know you **HAVE HIGH Blood Pressure** until it is **TOO LATE**

Symptoms?

NONE

What happens?



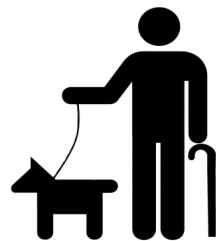
Heart Attack



Erectile Dysfunction



Stroke



Blindness

AND MORE!!!

What is Normal?

Normal Blood Pressure:

Under 120/80

("120 over 80")

If you have **HIGH Blood Pressure**, the **GOAL** is:

Under 140/90

("140 over 90")

Talk to your doctor for more information about High Blood Pressure

You are more likely to get **High Blood Pressure** if:

- **CIGARETTE Smoking**
- **Overweight**
- **High Salt Diet**
- **No Exercise**
- Stress
- Older Age
- African American Race
- Family History
- Diabetes
- High cholesterol
- Alcohol

Lifestyle change is the BEST way to **prevent** and **treat** high blood pressure

- Lose Weight
- Exercise



• **STOP SMOKING!!**



• Limit Alcohol



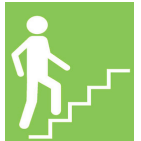
• **Talk to your doctor** about other treatments



Tips to Manage High Blood Pressure

1. Exercise

- **WALK** don't drive
- Use the **STAIRS** not the elevator



2. Lose Weight

- **NO** fast food
- Cook your **own** meal
- Eat more **FRUITS and VEGETABLES**



3. Decrease Salt

- **NO** fast food
- **RINSE** canned vegetables with water before eating
- **NO** salt shakers on the table
- Cook with foods that have natural salt like **tomatoes or lemon juice**



4. Decrease Stress

- **MEDITATE** for 20 minutes a day
- Do **YOGA**

