

All About High Blood Pressure

High blood pressure, or hypertension (the medical term), is called a “silent killer” because many people do not know they have it and do not experience any symptoms. If left untreated, high blood pressure can put serious strain on your heart and put you at increased risk for stroke, heart attack, and heart disease. However, if you are able to manage hypertension well, you can still lead a normal, healthy life.

- Exercise at least 30 minutes each day.
- Maintain a healthy weight.
- Attend all your healthcare appointments and screenings.
- Take all your medications as directed.



What is a normal blood pressure?

- Age 18-59: less than 140/90
- Age 60 and older: less than 150/90
- Any age with diabetes or chronic kidney disease: less than 140/90

What should I eat?

- Avoid salt. Salt causes your body to retain fluid, which makes your heart work harder, causing your blood pressure to rise. The following foods should be avoided because of their high salt content:
 - Processed meats (cured meats, smoked meats, packaged deli meats, bologna, ham, bacon, sausage, chorizo, spam)
 - Processed cheeses (American, bleu, parmesan, feta, cottage)
 - Fast food (especially French fries)
 - Restaurant food
 - Packaged or “instant” food (instant mashed potatoes, instant ramen, Hamburger Helper)
 - Canned food (soups, vegetables, chilis, meats – look for “no salt added” instead)
 - Frozen dinners
 - Sauces (soy sauce, teriyaki sauce, packaged meat marinades, ketchup, relish, salad dressings)
 - Salty snacks (chips, pretzels, nuts – look for “no salt added” instead)
- Consider the DASH diet (Dietary Approaches to Stop Hypertension). Ask your healthcare provider for more information.
- Eat plenty of fruits, vegetables, lean meats (chicken and fish), and whole grains.

Why should I track my blood pressure?

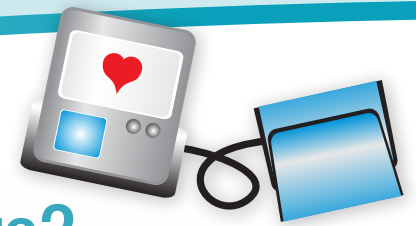
Tracking your blood pressure will help you and your healthcare provider determine if your blood pressure is controlled. Your blood pressure will fluctuate throughout the day, which is normal. For example, your blood pressure might be low when you first wake up in the morning or after a shower, but it might be high if you are rushing or exercising.

Why do I need medicine?


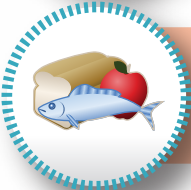



Medicines are prescribed to help you control your blood pressure and prevent serious complications. Different medications work in different ways. For example, a diuretic will help you clear excess water, and a beta blocker will “block” the response of chemicals in our body that lead to stress. Your provider will select the best medication type for you by looking at your other conditions (such as diabetes or kidney disease), your ethnicity, and other personal factors.

What else can I do?

- Limit stress. Stress increases blood pressure and causes other problems with sleep, mood, and memory.
- Limit alcohol. Alcohol increases your blood pressure. You cannot “save” your drinks for the weekend and binge – this raises your blood pressure and puts you at risk for liver disease and impaired judgment.
 - Women and men over age 65 should have no more than 1 drink per day
 - Men under age 65 should have no more than 2 drinks per day.
- Stop smoking. Smoking increases your risk of developing heart disease and is linked to plaque deposits in your arteries. Smoking is also a cause of lung cancer, throat cancer, and bladder cancer, among other harmful effects.



What Can I Do To Improve My Blood Pressure?

Modification	Recommendation	Approximate SBP Reduction Range
 Weight reduction	Maintain normal body weight (BMI=18.5-24.9 kg/m ²)	5 mm Hg
 DASH eating plan	Diet rich in fruits, vegetables, low fat dairy and reduced in fat	11 mm Hg
 Restrict sodium intake	<1500 mg of sodium per day	5-6 mm Hg
 Physical activity	Be more physically active. Aim for at least 90 to 150 minutes of aerobic exercise per week.	5-8 mm Hg
 Moderation of alcohol consumption	No more than 2 drinks/day for men and 1 drink/day for women	4 mm Hg

BP = Blood pressure, BMI = Body mass index, SBP = Systolic blood pressure, DASH = Dietary Approaches to Stop Hypertension

Ranges According to 2017 Hypertension Clinical Practice Guidelines
Recommendations for Treatment and Management of Hypertension



Why Should I Limit Sodium?

You may have been told by your healthcare provider to reduce the salt in your diet. Table salt is sodium chloride. One teaspoon of salt contains about 2,300 mg of sodium.

Sodium is a mineral that's essential for life. It's regulated in the body by your kidneys, and it helps control your body's fluid balance. It also helps send nerve impulses and affects muscle function.



How does sodium affect my heart health?

When there's extra sodium in your bloodstream, it pulls water into your blood vessels, increasing the total amount (volume) of blood inside your blood vessels. With more blood flowing through your blood vessels, blood pressure increases. This puts an extra burden on your heart and blood vessels. In some people, this may lead to or raise high blood pressure.

Having less sodium in your diet may help you lower or avoid high blood pressure. People with high blood pressure are more likely to develop heart disease or have a stroke.

How much sodium do I need?

Most people eat too much sodium, often without knowing it. The average American eats about 3,400 mg of sodium a day.

- The American Heart Association recommends no more than 2,300 milligrams (mgs) a day and an ideal limit of less than 1,500 mg per day for most adults, especially for those with high blood pressure.
- Even cutting back by 1,000 mg a day can improve blood pressure and heart health.

What are sources of sodium?

Most of the sodium in our diets comes from adding it when food is being prepared. Pay attention to food labels, because they tell how much sodium is in food products. For example: foods with 140 mg or less sodium per serving are considered low in sodium.

Here's a list of sodium-containing compounds to limit in your diet:

- Salt (sodium chloride or NaCl)
- Monosodium glutamate (MSG)
- Baking soda and baking powder
- Disodium phosphate
- Any compound that has "sodium" or "Na" in its name

Some over-the-counter and prescription medicines also contain lots of sodium. Talk to your health care provider and make it a habit of reading the labels of all over-the-counter drugs, too.

What foods should I limit?

The best way to reduce sodium is to avoid prepackaged, processed and prepared foods, which tend to be high

in sodium. Watch out for the "Salty 6" — the top six common foods that add the most salt to your diet. Read food labels and chose the lowest level of sodium you can find for these items:

- Breads and rolls
- Pizza
- Soup
- Cold cuts and cured meats
- Poultry
- Sandwiches

These are some other foods can also be sources of "hidden" sodium:

- Cheeses and buttermilk
- Salted snacks, nuts and seeds
- Frozen dinners and snack foods
- Condiments (ketchup, mustard, mayonnaise)
- Pickles and olives
- Seasoned salts, such as onion, garlic and celery salts
- Sauces, such as barbeque, soy, steak, and Worcestershire

How can I cook with less salt and more flavor?

- Avoid adding table salt to foods.
- Flavor foods with herbs, spices, lemon, lime, vinegar, or salt-free seasoning blends.
- Use fresh poultry, fish, and lean meat, rather than canned, smoked, or processed types.
- Choose unsalted nuts and low-sodium canned foods. Cook dried peas and beans.
- Use products made without added salt. Try low-sodium bouillon and soups and unsalted broth.
- Rinse canned vegetables and beans to reduce sodium.

What about eating out?

Controlling your sodium intake doesn't mean spoiling the pleasure of eating out. But order carefully. Consider these tips for meals away from home:

- Select fresh greens and fruits when available. Ask for oil and vinegar to top your salad or ask for the dressing on the side.
- Be specific about what you want and how you want your food prepared. Request that your dish be prepared without added salt.
- Remember portion control. You can always bring home a to-go box!

Todo Sobre Hipertensión Arterial

La presión arterial alta, o hipertensión (el término médico), se llama el "asesino silencioso" porque muchas personas no saben que lo tienen y no sienten ningún síntoma. Si es dejado sin tratamiento, la presión arterial alta puede poner graves aprietos al corazón y aumentar el riesgo de derrame cerebral, ataque al corazón y enfermedad del corazón. Sin embargo, si usted maneja bien la hipertensión, todavía se puede llevar una vida normal y saludable.

- Haga por lo menos 30 minutos de ejercicio cada día.
- Mantenga un peso saludable.
- Tome todos sus medicamentos según las indicaciones.
- Asista a todas sus citas médicas y exámenes.



¿Qué es una presión arterial normal?

- Edad 18-59 años: menos de 140/90
- Edad de 60 años y más: menos de 150/90
- Cualquier edad con diabetes o enfermedad de riñón crónica: menos de 140/90

¿Qué debo comer?

- **¡Evite la sal!** Sal causa que su cuerpo retenga líquido y esto hace que el corazón trabaje más y se eleve su presión arterial.

Alimentos que tienen mucha sal:

- Las carnes procesadas (embutidos, carnes ahumadas, embutidos envasados, mortadela, jamón, tocino, salchicha, chorizo, Spam)
- Los quesos procesados (Americano, azul, queso parmesano, queso feta, requesón)
- Alimentos envasados o "instantáneos" (puré de papas instantáneo, ramen instantáneo, Hamburger Helper)
- Alimentos enlatados (sopas, verduras, chiles, carnes - En lugar, busque "sin sal añadida" o "No salt added")
- Salsas (salsa de soja, salsa teriyaki, escabeches de carne envasados, ketchup, condimentos, aderezos para ensaladas)
- Aperitivos salados (patatas fritas, pretzels, nueces - En lugar, busque "sin sal añadida" o "No salt added")
- Cenas congeladas, la comida rápida (especialmente papas fritas), y la comida de restaurante
- Considere la dieta DASH (Dietary Approaches to Stop Hypertension o Enfoques Dietéticos para Detener la Hipertensión). Pregunte a su médico para obtener más información
- Coma muchas frutas, verduras, carnes magras (pollo y pescado), y granos enteros.

¿Por qué debo monitorear mi presión arterial?

La revisión de su presión arterial le ayudará a usted y a su proveedor de atención médica a determinar si la presión arterial está controlada. Es normal que su presión arterial fluctúa a lo largo del día. Por ejemplo, su presión arterial puede ser baja la primera vez cuando se despierte en la mañana o después de un baño, pero podría ser alta si está corriendo o haciendo ejercicio.

¿Por qué necesito medicina?






Se prescriben medicamentos para ayudarle a controlar su presión arterial y prevenir complicaciones graves. Los diferentes medicamentos trabajan en maneras diferentes. Por ejemplo, un diurético le ayudará a eliminar el exceso de agua, y un bloqueador beta "bloqueará" la respuesta de las sustancias químicas en el cuerpo que causa el estrés. Su proveedor seleccionará el mejor tipo de medicamento para usted examinando sus otras condiciones (como la diabetes o enfermedad del riñón), su origen étnico, y otros factores personales.

¿Qué más puedo hacer?

- **Limite el estrés.** El estrés aumenta la presión arterial y causa problemas con el sueño, el estado de ánimo y la memoria.
- **Limite el alcohol.** El alcohol aumenta la presión arterial. No se puede "salvar" a sus bebidas para el fin de semana y tomar mucho - esto aumenta la presión arterial y le pone en riesgo de enfermedad hepática y alteraciones en el juicio.
 - Las mujeres y los hombres mayores de 65 años no deben tomar más de 1 bebida al día.
 - Las mujeres y los hombres menores de 65 años no deben tomar más de 2 bebidas al día.
- **Deje de fumar.** Fumando aumenta el riesgo de desarrollar enfermedades del corazón y está vinculado a los depósitos de placa en las arterias. También, fumando es una causa de cáncer de pulmón, cáncer de garganta, y el cáncer de vejiga, entre otros efectos nocivos.



¿Qué puedo hacer para mejorar mi presión arterial?

Modificación	Recomendación	Valores de PAS aproximados Intervalo de reducción
 Reducción de peso	Mantenimiento de un peso corporal normal (IMC = 18,5 - 24,9 kg/m ²)	5 mm Hg
 Dieta D.A.S.H.	Dieta rica en frutas y verduras, productos lácteos con bajo contenido de grasa	11 mm Hg
 Restricción en el consumo de sodio	<1500 mg de sodio diarios	5 - 6 mm Hg
 Actividad física	Aumente su actividad física. Tenga como objetivo realizar al menos entre 90 y 150 minutos de ejercicio aeróbico a la semana.	5 - 8 mm Hg
 Moderación del consumo de alcohol	No más de 2 copas/día para hombres y 1 copa/día para mujeres	4 mm Hg

PA = presión arterial, IMC = índice de masa corporal, PAS = presión arterial sistólica, DASH = Dietary Approaches to Stop Hypertension (enfoques dietéticos para detener la hipertensión)

Intervalos de acuerdo con las guías de práctica clínica para la hipertensión de 2017
Recomendaciones para el tratamiento y control de la hipertensión