

Managing Hypertension

What is hypertension?

Hypertension is commonly known as high blood pressure. It is the major cause of stroke and a main risk factor for heart disease.

High blood pressure isn't something that you can feel – while you feel fine on the outside your most important internal organs will be working harder and harder until damage is done. It is most injurious to your heart, but it can also clog up your arteries and damage your eyes, kidneys and brain.

There are a number of ways to reduce high blood pressure. Your doctor will prescribe you with medication and it is important to remember to take this at the same time each day.

Just as important as taking your medication is making a number of ***lifestyle changes***. If you make these changes not only will you lower your blood pressure but you'll probably notice the difference in all aspects of your life!

- Maintain your weight within the healthy range
- Eat a high fibre, low fat and low salt diet
- Give up smoking
- Limit alcohol consumption
- Exercise regularly

Measuring your blood pressure at home with your own equipment gives your doctor a guide to what your blood pressure is outside the clinic during your usual activities. It will also help your doctor to know whether any prescribed treatment is working. You will also gain a better understanding of your condition which will help you to be more actively involved in your own management.

Blood pressure is recorded as two numbers, for example 120 over 80 (120/80).

- The higher number indicates the pressure in the arteries as the heart squeezes blood out during each beat. It is called the ***systolic*** blood pressure.
- The lower number indicates the pressure as the heart relaxes before the next beat. It is called the ***diastolic*** blood pressure.

Information contained in our Health Advice articles is the opinion of Jadin Chemist Group Only. Individuals should seek advice from their healthcare professional before acting on any information contained above.

Sources used include: Better Health Channel – hypertension, Heart Foundation information sheets, Pfizer Australia – Hypertension and Australian Prescriber – Lifestyle management of hypertension