

A large, stylized white heart graphic is positioned on the left side of the image. It features a thick white outline and a white interior, with a white stem-like shape extending downwards. The heart is set against a dark red background with abstract, flowing white shapes that resemble liquid or smoke.

Understanding the Issue of High Blood Pressure

American Heart Association



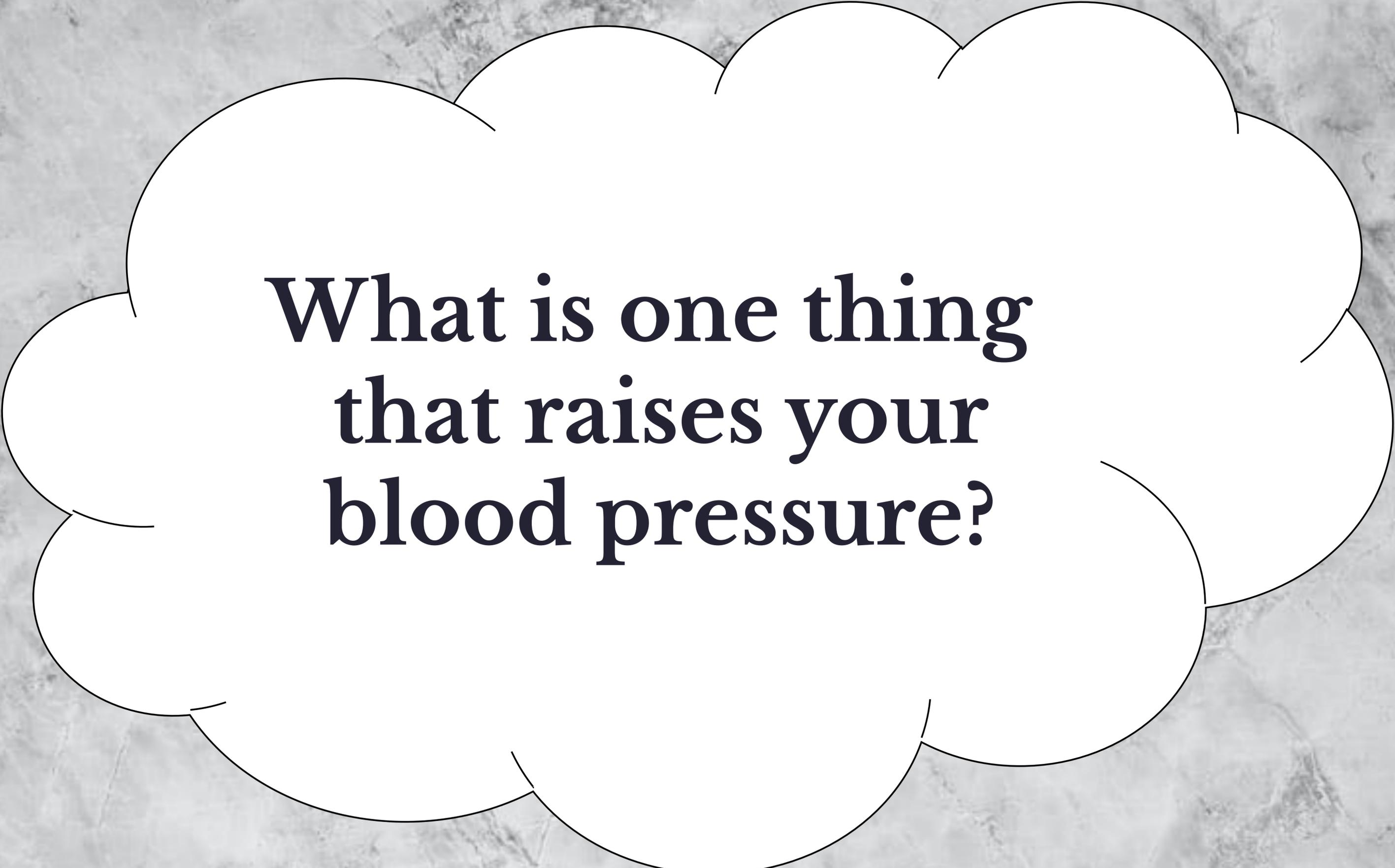
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Community Impact Director

**Greater Phoenix
American Heart Association**





**What is one thing
that raises your
blood pressure?**



1.1 million adults in Arizona have been told they have high blood pressure— enough to fill State Farm Stadium 17 times.

Urgent Community Need



1 in 2
African-Americans



1 in 5
Asians,
Pacific Islanders



1 in 3
Hispanics, Latinos

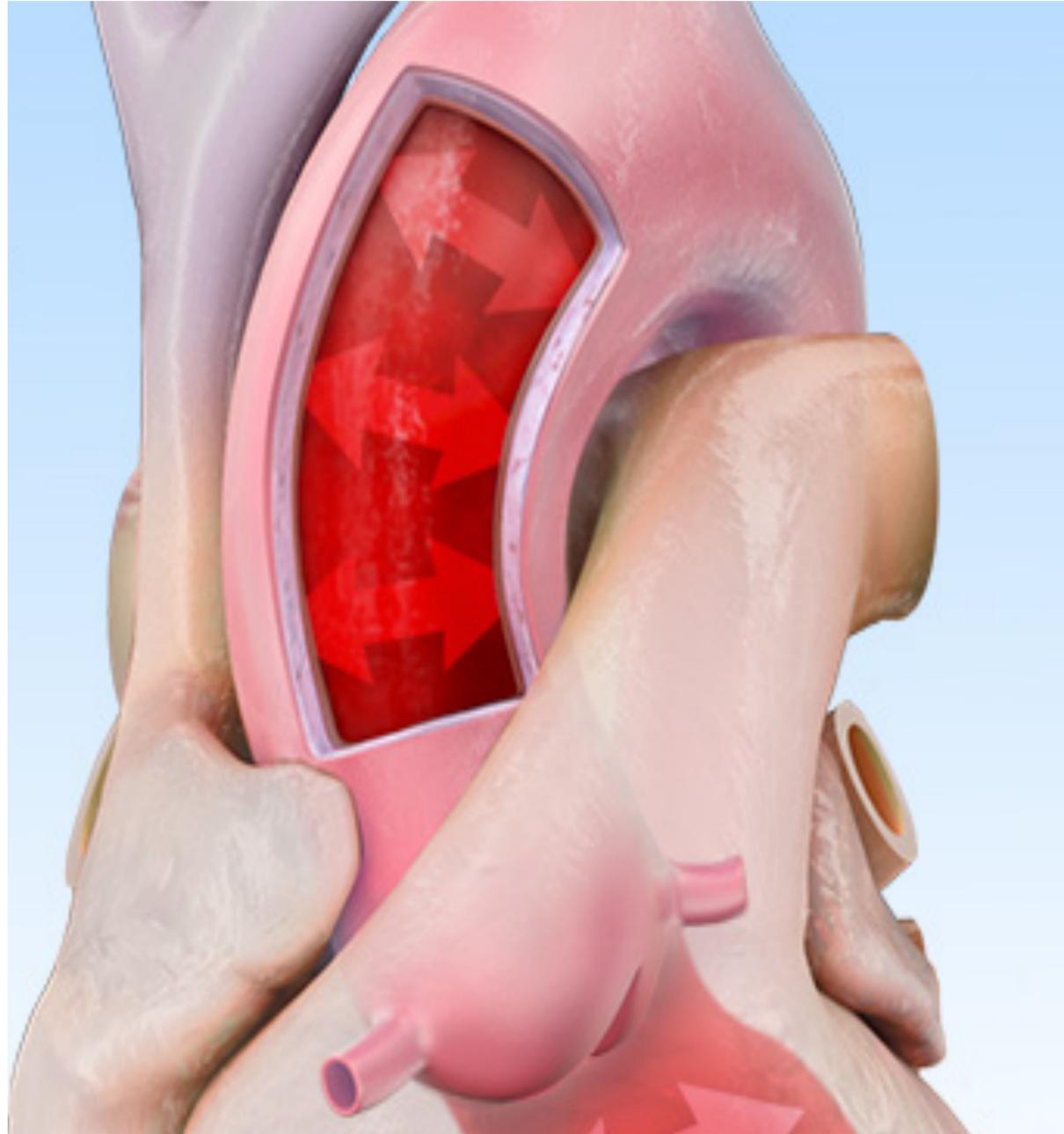


1 in 4
American Indian,
Alaska Natives



1 in 6
Children in the
United States

What is Blood Pressure?



**BLOOD PRESSURE IS
THE FORCE OF THE
BLOOD AGAINST
THE WALLS OF THE
ARTERIES**



Systolic pressure occurs when the ventricles contract to pump blood into the circulatory system.

Blood pressure is systolic pressure over diastolic pressure.

What is Blood Pressure?



Diastolic pressure occurs when the ventricles relax and the heart refills with blood before the next contraction.

117

76 mm Hg

**Read as “117 over 76
millimeters of mercury”**

The Basics of Blood Pressure and Health



In 2019, more than half a million deaths in the United States had hypertension as a primary or contributing cause.

[CDC: Blood Pressure Facts*](#)

High Blood Pressure is dangerous because it can also **lead to stroke**, kidney problems, vision problems, and **eventually heart failure**.



Blood Pressure Categories



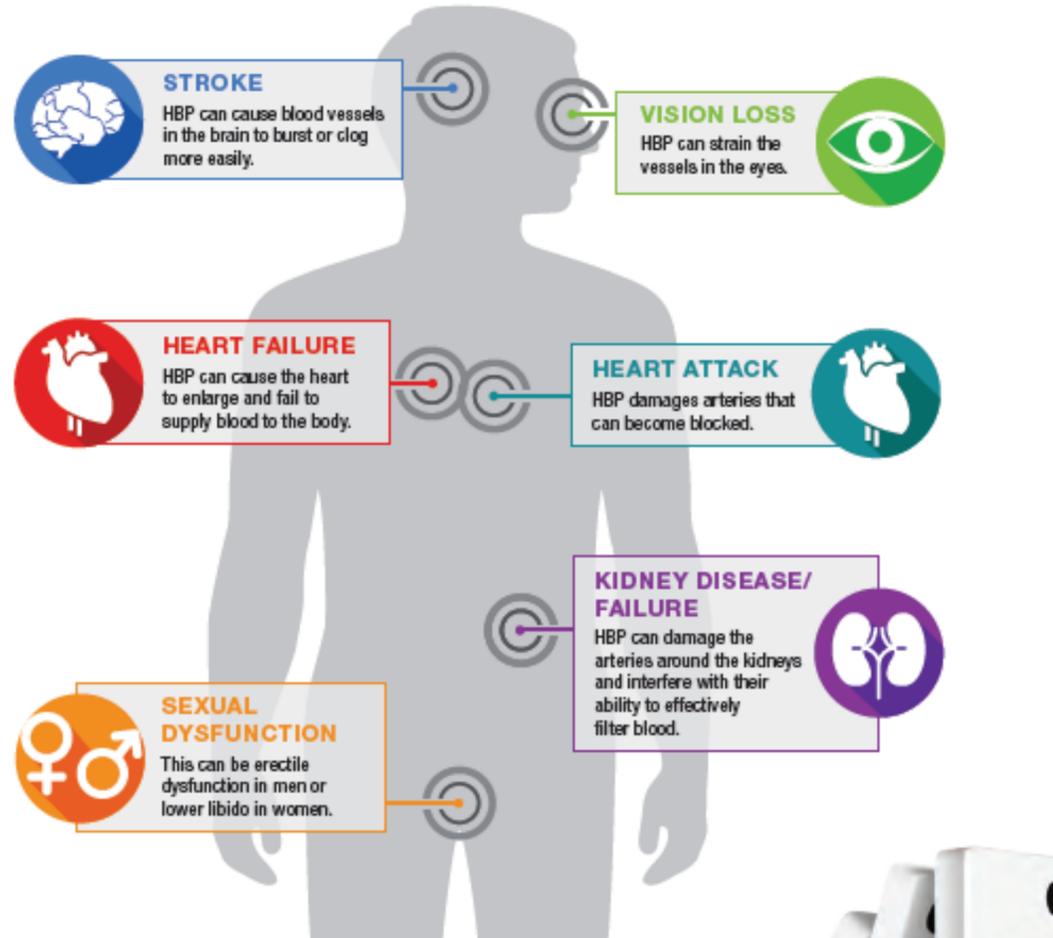
BLOOD PRESSURE CATEGORY	SYSTOLIC mm Hg (upper number)		DIASTOLIC mm Hg (lower number)
NORMAL	LESS THAN 120	and	LESS THAN 80
ELEVATED	120 – 129	and	LESS THAN 80
HIGH BLOOD PRESSURE (HYPERTENSION) STAGE 1	130 – 139	or	80 – 89
HIGH BLOOD PRESSURE (HYPERTENSION) STAGE 2	140 OR HIGHER	or	90 OR HIGHER
HYPERTENSIVE CRISIS (consult your doctor immediately)	HIGHER THAN 180	and/or	HIGHER THAN 120

Consequences of High Blood Pressure

CONSEQUENCES of High Blood Pressure



High blood pressure is often the first domino in a chain or “domino effect” leading to devastating consequences, like:



A simple **blood pressure check** is the first step to preventing the “domino effect.”

Learn more at heart.org/hbp.

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- **Kidney disease or failure**
- **Vision Loss**
- **Sexual Dysfunction**
- **Angina**
- **Peripheral Artery Disease (PAD)**
- **Heart Attack**
- **Heart Failure**
- **Stroke**



Most people who've had a first stroke also had high blood pressure (HBP).

HBP greater than 130/80:

- **Main cause of it is unknown.**
- **Typically has no symptoms—you probably will not feel that anything is wrong.**



High Blood Pressure is a Serious Disease



- Every time your blood pressure goes up by 20/10, your risk of heart disease doubles
- Heart disease is the leading cause of death in the United States



Non-Modifiable Risk Factors:

Common hereditary and physical risk factors for high blood pressure include:

- Family history
- Age
- Gender
- Race



Modifiable Risk Factors

These are the risk factors you can change to help prevent and manage high blood pressure, including:

- Lack of Physical Activity
- An unhealthy diet, especially one high in sodium
- Being overweight or obese
- Drinking too much alcohol
- Sleep apnea
- High Cholesterol
- Diabetes
- Caffeine
- Smoking and Tobacco Use
- Stress



When blood pressure is high, high blood pressure medication may be an important part of your treatment.

Your healthcare provider will also likely recommend lifestyle changes along with your medication.

You may even need more than one type of prescription medication to keep your blood pressure at a healthy level.





Learn to Check Your Blood Pressure



Assess your risk factors and get your heart score www.mylifecheck.org

Learn more about monitoring and managing your blood pressure at www.ManageYourBP.org

Learn more about high blood pressure, heart disease and stroke at www.LowerYourHBP.org



The image features a solid red background. On the left side, there are several abstract white shapes. The most prominent is a stylized mushroom with a thick, white stem and a wide, white, slightly flared top. Above and to the right of the mushroom are several overlapping, curved white shapes that resemble flames or stylized leaves. A thin, white dotted line curves across the middle of the image, starting from the left and ending on the right. The text "Thank you!" is written in a white, serif font, positioned in the upper right quadrant of the image.

Thank you!