

## HYPERTENSION

**MISCONCEPTION:** there is nothing we can do to prevent High Blood Pressure

Many people who have disease of high blood pressure in their near and dear ones have this impression that nothing can be done to prevent hypertension from occurring .

**TRUTH IS:** Even if a person is having many risk factors, few steps taken by us can really prevent high blood pressure from occurring:

Weight control – good weight maintenance according to height or in other words proper BMI maintenance can really help in preventing occurrence of hypertension or at least helps it in keeping under check if it is there already. We can achieve this by inculcating habit of healthy eating and by following regular fitness exercises regime.

Healthy food habits .- is the cornerstone of good life style habits which includes eating only the right quantity of food that we require and eating only good nutritious food which is low in fat, sugar, and salt.

Keeping salt intake under check: substantially helps in prevention of hypertension and in controlling it as well .

Abstaining from alcohol , smoking and tobacco consumption – is one of the most important modifiable life style activity that really helps in avoiding occurrence of hypertension .

Regular exercise. Of at least 30 minutes every day, at least five days in a week helps relieves stress and helps you control your weight also .

Avoiding stress . high stress conditions add to your problem and leads to development of hypertension.

**MISCONCEPTION:.** One abnormal pressure reading of blood pressure means I have hypertension

**TRUTH is:**One high reading is not enough to label that you have high blood pressure. A doctor can diagnose hypertension only after several readings are taken over a period of time. If there is one high reading, then we must measure it at least two more times on separate days to check whether it is consistently high.

**MISCONCEPTION:.** I don't use table salt, so I'm in control of my sodium intake and of my blood pressure

**TRUTH is** by mere controlling table salt does not mean actual control of salt, because up to 75 percent of the sodium we consume is hidden in processed foods like tomato sauce, soups, condiments, canned foods and prepared mixes.. Watch for the words "soda" and "sodium" and the symbol "Na" on labels; these words show that sodium compounds are present.

**MISCONCEPTION:** . I use kosher or sea salt when I cook instead of regular table salt. They are low-sodium alternatives.

**TRUTH IS :** Chemically kosher salt and sea salt are the same as table salt – 40 percent sodium – and count the same toward total sodium consumption. Table salt is a combination of the two minerals sodium (Na) and chloride (Cl).

MISCONCEPTION: High blood pressure is always caused by a poor diet and lack of activity.

TRUTH IS :certainly diet and lifestyle factors influence risk of high blood pressure. Some of the major factors include eating too much salt, a lack of regular physical activity or being overweight or obese. However, some of the non modifiable risk factors for high blood pressure are things such as:

Age

Family history of high blood pressure

Ethnicity

If you belong to an at-risk group, talk to your doctor about your blood pressure as soon as possible. Make sure you are getting regular blood pressure checks

MISCONCEPTION: People with high blood pressure have nervousness, sweating, difficulty sleeping and their face becomes flushed. I don't have those symptoms so I must not have high blood pressure.

Many people have high blood pressure for years without knowing it. High blood pressure is often called "the silent killer" because it has no symptoms, so you may not be aware that it's damaging your arteries, heart and other organs. Don't make the mistake of assuming symptoms will alert you to the problem of high blood pressure. Everybody needs to know their blood pressure numbers. Diagnosis should only be made by a healthcare professional.

MISCONCEPTION: I don't have to measure my blood pressure at home

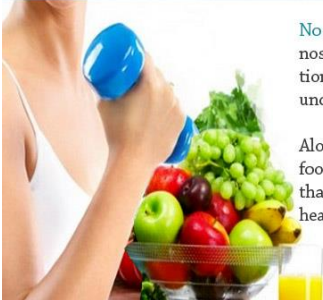
Home monitoring of blood pressure is advisable since blood pressure fluctuates and home blood pressure recording chart helps physician to make proper dose adjustment.

MISCONCEPTION: Once my blood pressure is controlled I can stop the medicines  
High blood pressure can be a lifelong disease , so needs to be controlled with the medicines that requires to be taken life long unless your physician stops them . Stopping medicines once blood pressure is controlled will lead to rebound hypertension . So blood pressure medicines should not be stopped without consulting the physician

## Myths & Facts



*The only way to control high blood pressure is with medication.*



No not in every case, if you've been diagnosed with high blood pressure, medication is extremely important to keep it under control.

Along with medication, Eating healthy foods and getting regular physical activity that can keep your blood pressure in a healthy range.

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## Facts and Figures

- **30 per cent** of women and men have high blood pressure
- **30 per cent** of people with high blood pressure **DO NOT KNOW** that they have it.
- **Less than 30 percent** individuals reach target goals
- **Three times** more likely to develop heart disease.
- **Five times** more likely to develop stroke.
- **Twice** as likely to die from these as people with a normal blood pressure.

## HORMONES AND YOUR HEART MYTH VS FACT



I would know if I had high blood pressure.

- The reason they call "hypertension" the silent killer is there are no symptoms; the only way to know is by getting it checked.

