

Health & Wellness Newsletter September 2020

MedPro Group

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Our Mission is...

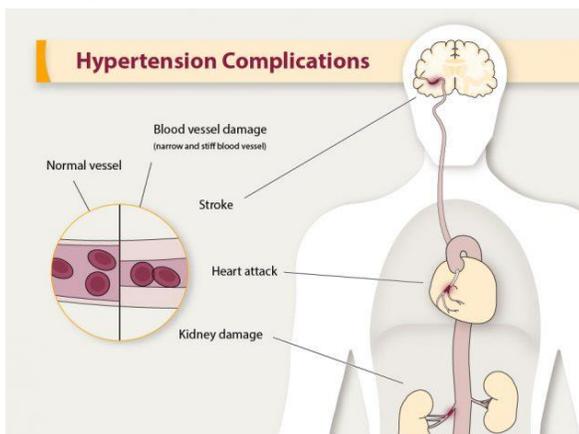
To work towards the prevention of workplace injuries & illnesses, and to minimize their impact upon the employees & employers

Hypertension



Blood pressure is the pressure of blood pushing against the walls of your arteries. Arteries carry blood from your heart to other parts of your body.

High blood pressure (hypertension) is blood pressure that is higher than normal. Your blood pressure changes throughout the day based on your activities. Having a blood pressure that consistently measures above normal may result in a diagnosis of high blood pressure.



High blood pressure can damage your health in many ways. It can seriously hurt important organs like your heart, brain, kidneys, and eyes.

The higher your blood pressure levels, the more risk you have for other health problems, such as heart disease, heart attack, and stroke.

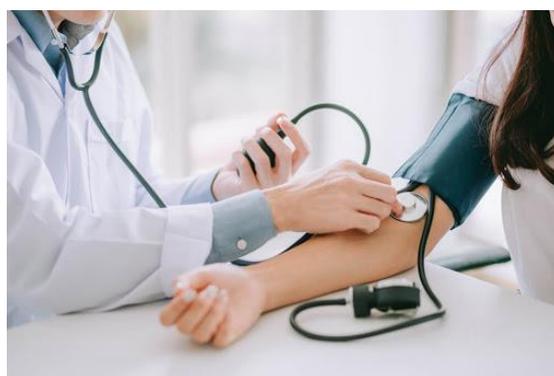
High blood pressure usually has no warning signs or symptoms, and many people do not know they have it.

Measuring your blood pressure is the only way to know whether you have high blood pressure.

Many people with high blood pressure can lower their blood pressure into a healthy range or keep their numbers in a healthy range by making **lifestyle changes**. Talk with your health care team about

- Getting at least 150 minutes of physical activity each week (about 30 minutes a day, 5 days a week)
- Not smoking
- Eating a healthy diet, including limiting sodium (salt) and alcohol
- Keeping a healthy weight
- Managing stress

In addition to making positive lifestyle changes, some people with high blood pressure need to **take medicine** to manage their blood pressure.



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

Sources: <https://www.cdc.gov/bloodpressure/about.htm>
<https://www.heart.org/en/health-topics/high-blood-pressure/the-facts-about-high-blood-pressure/what-is-high-blood-pressure>