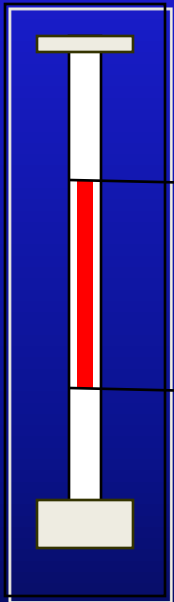


Normal Blood Pressure

For Diabetic patients



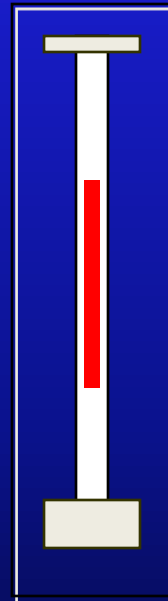
130

SYSTOLIC

80

Diastolic

For patients
Without diabetes

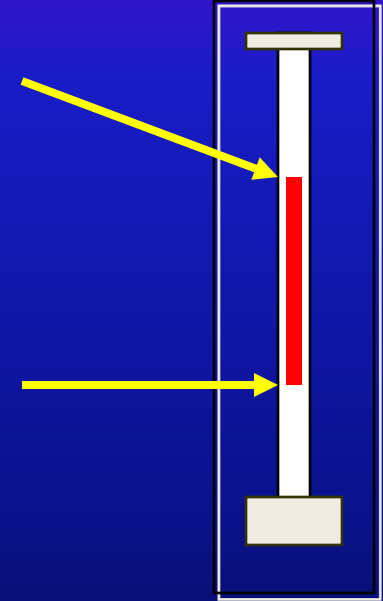


140

90

What do the numbers mean?

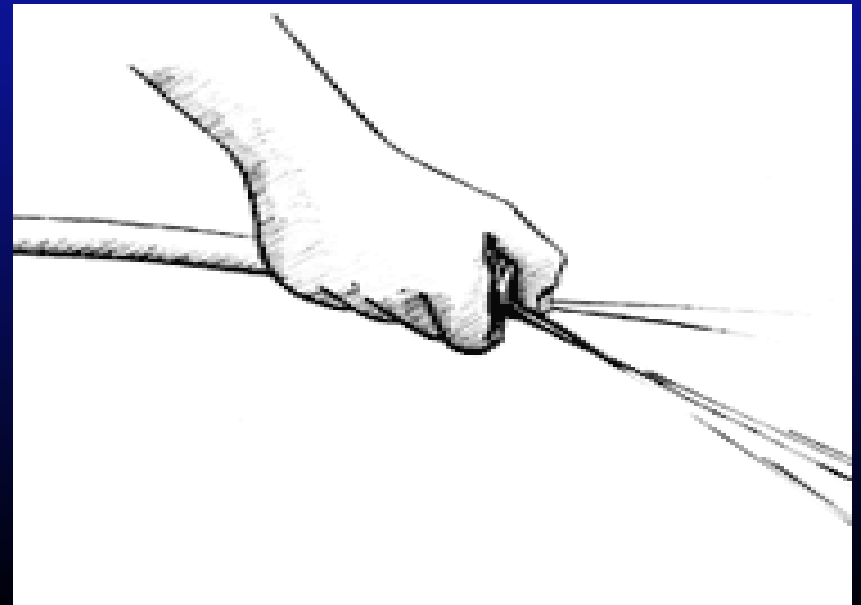
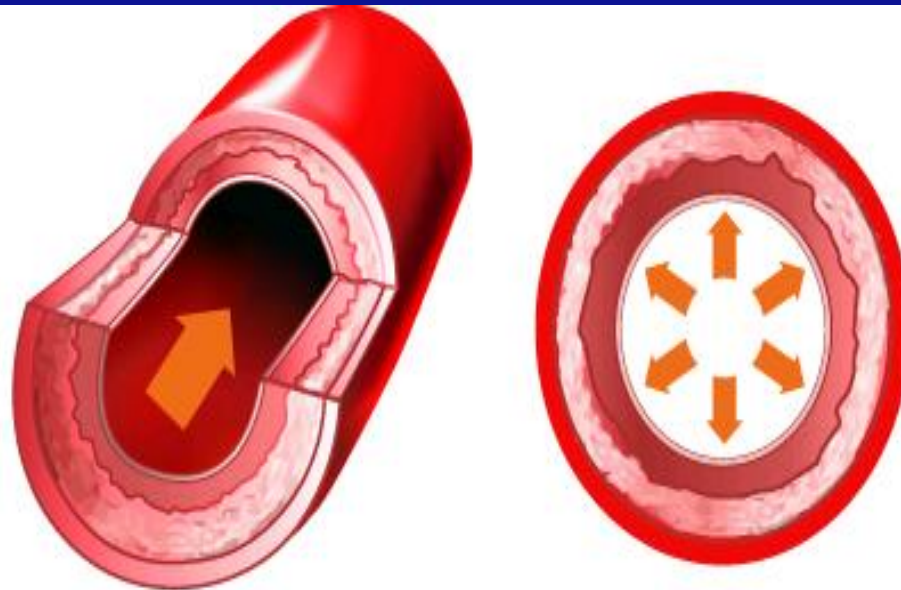
- The upper number is when the heart beats
- The lower number is when the heart relaxes
- Measured in mm Hg (millimeters of mercury)



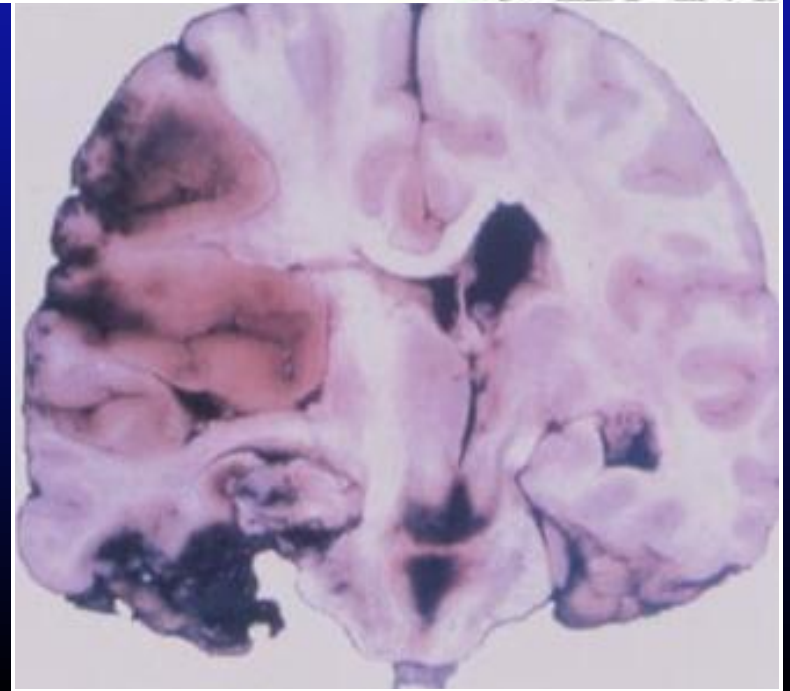
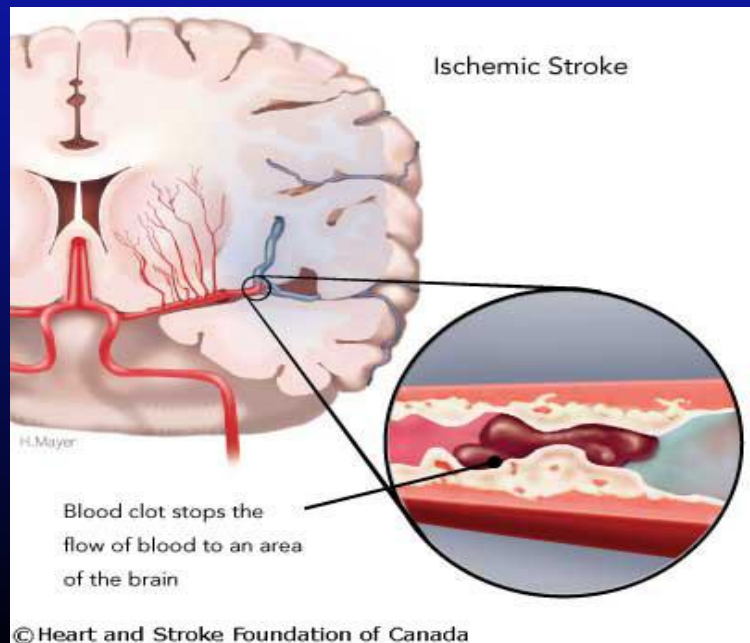
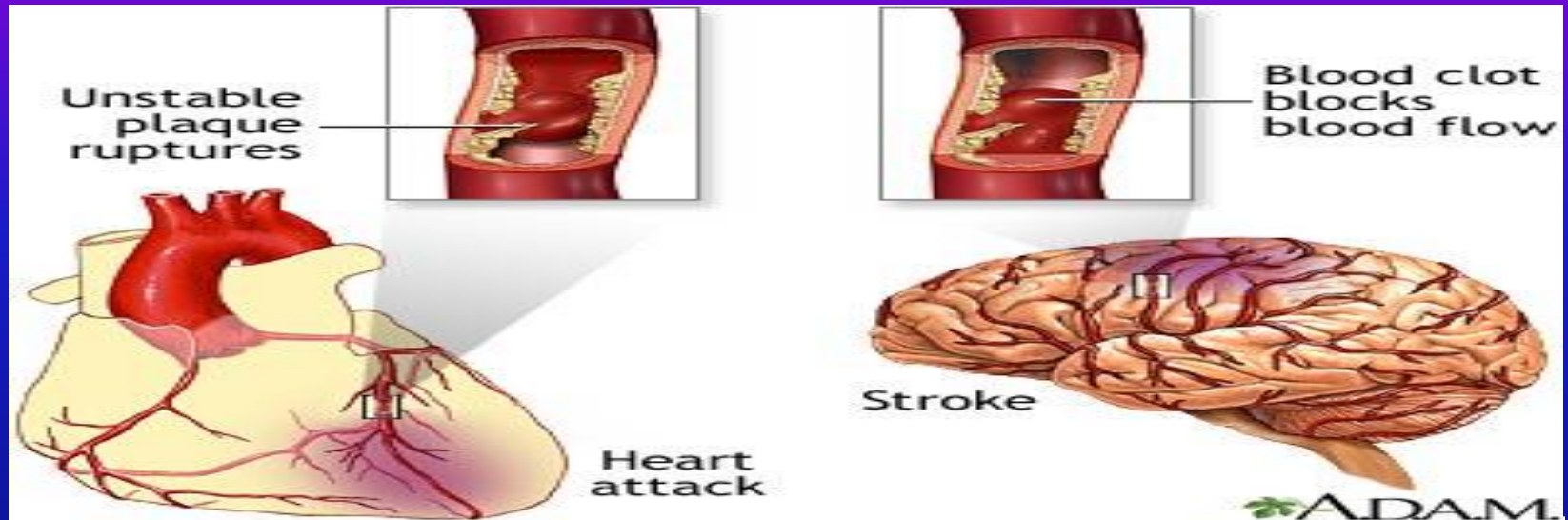
e.g. 124/84 mm Hg

What is blood pressure?

- The force or pressure on the inside of our arteries (blood vessels) as the blood circulates.
- You cannot feel changes in blood pressure.



Hypertension & Heart / Brain stroke



High Blood Pressure (Hypertension)

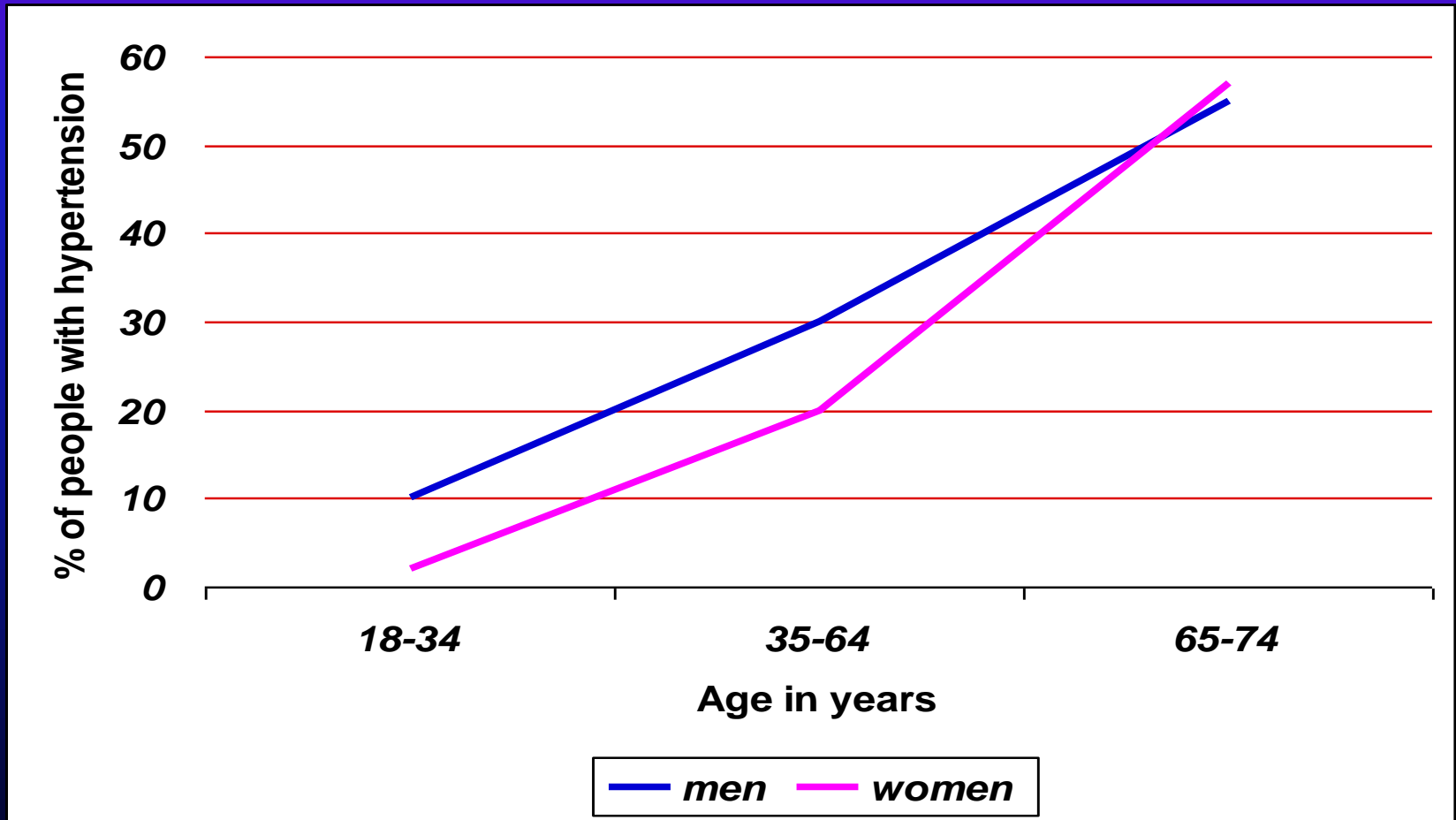
Definition (JNC 7)

Normal	<120	< 80
Pre Hypertension	120 - 140	80-90
Hypertension (Stage 1)	140-160	90-100
Hypertension (Stage II)	> 160	> 100

Blood Pressure Targets

Diabetic pts	≤ 130	≤ 80
Non Diabetic pts	< 140	< 90
Kidney pts	< 130	< 80

Hypertension is More Common in Older People



Risk factors for high blood pressure

- **1. Heredity**
- **2. Obesity**
- **3 Smoking**
- **4 Endocrine disorder**
- **5 Alcoholism**
- **6. Drug intake such as steroid**
- **7. Renal diseas**
- 8 Pregnancy



What causes hypertension ?

- **Lifestyle** 60%
- **Genetics** 35%
- **Underlying disease** 5%

Self-measurement

JOURNAL DE TENSION ARTÉRIELLE					
Jour de la semaine					
Lundi / Mardi / Mercredi / Jeudi / Vendredi / Samedi / Dimanche					
Date	Heure	Tension artérielle	Freq. card.	Médec.	Malaises
	8h30	140 / 80	72	x	
9 P.M.	2.45	159 / 84	81		
9 P.M.	8.40	141 / 75	82		
10 A.M.	8.00	153 / 74	80		
10 A.M.	11.15	139 / 75	87		
10 P.M.	3.50	135 / 72	87		
10 P.M.	8.25	154 / 87	95		
11 A.M.	7.45	129 / 73	82		
11 A.M.	11.35	160 / 83	73		
11 P.M.	6.30	149 / 76	80		
11 P.M.	8.25	139 / 73	83		

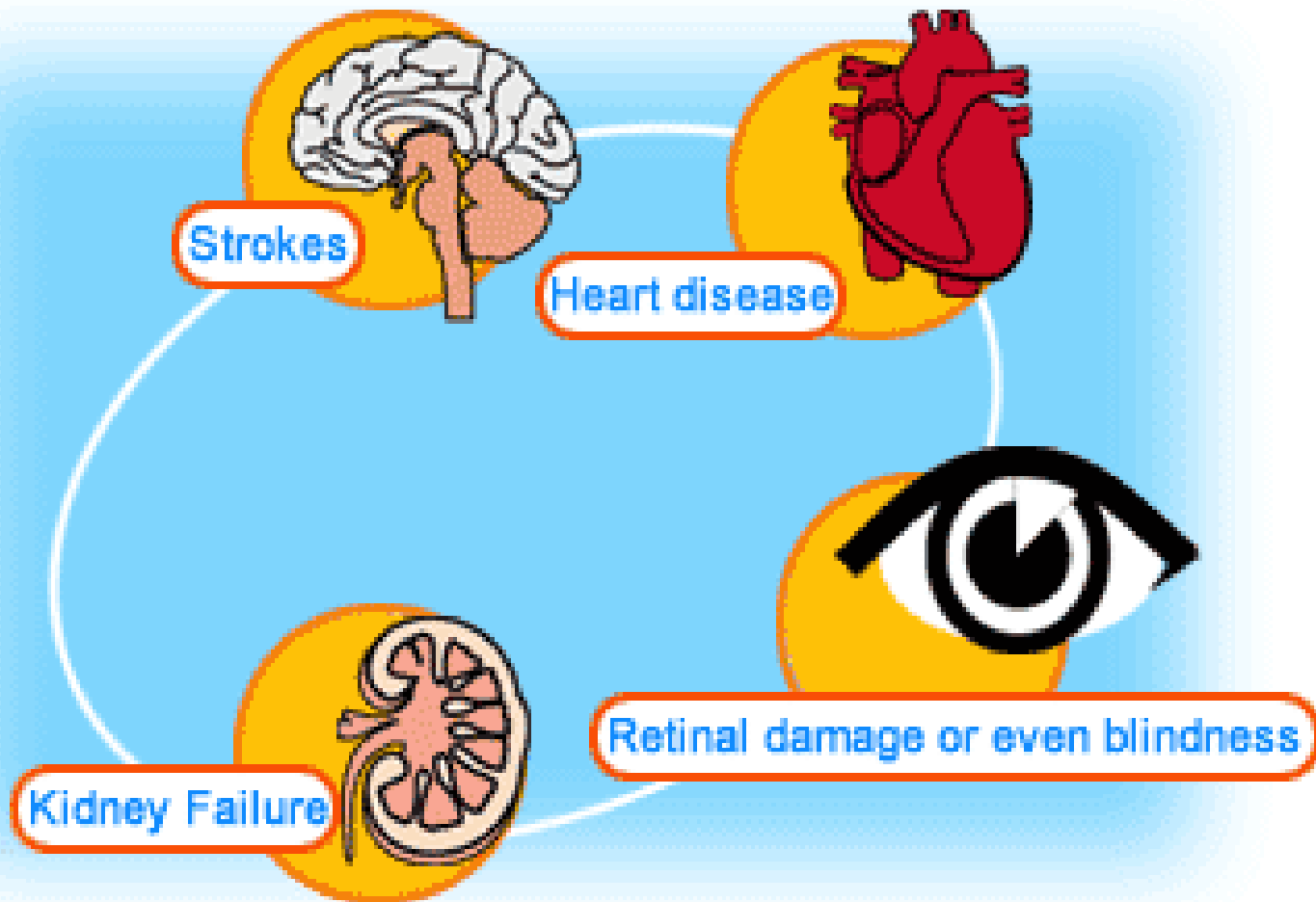
Date	Heure	Tension artérielle	Freq. card.	Médec.	Malaises
	8h30	140 / 80	72	x	
12 A.M.	8.25	122 / 73	78		
12 A.M.	11.30	114 / 81	89		
12 P.M.	3.15	146 / 96	77		
12 P.M.	7.45	135 / 77	82		
13 A.M.	7.45	146 / 77	80		
13 A.M.	3.20	147 / 77	80		
13 P.M.	7.55	145 / 78	84		
14 A.M.	7.00	149 / 77	77		
14 A.M.	11.30	149 / 72	83		
14 P.M.	3.55	162 / 71	90		
14 P.M.	8.10	154 / 78	81		



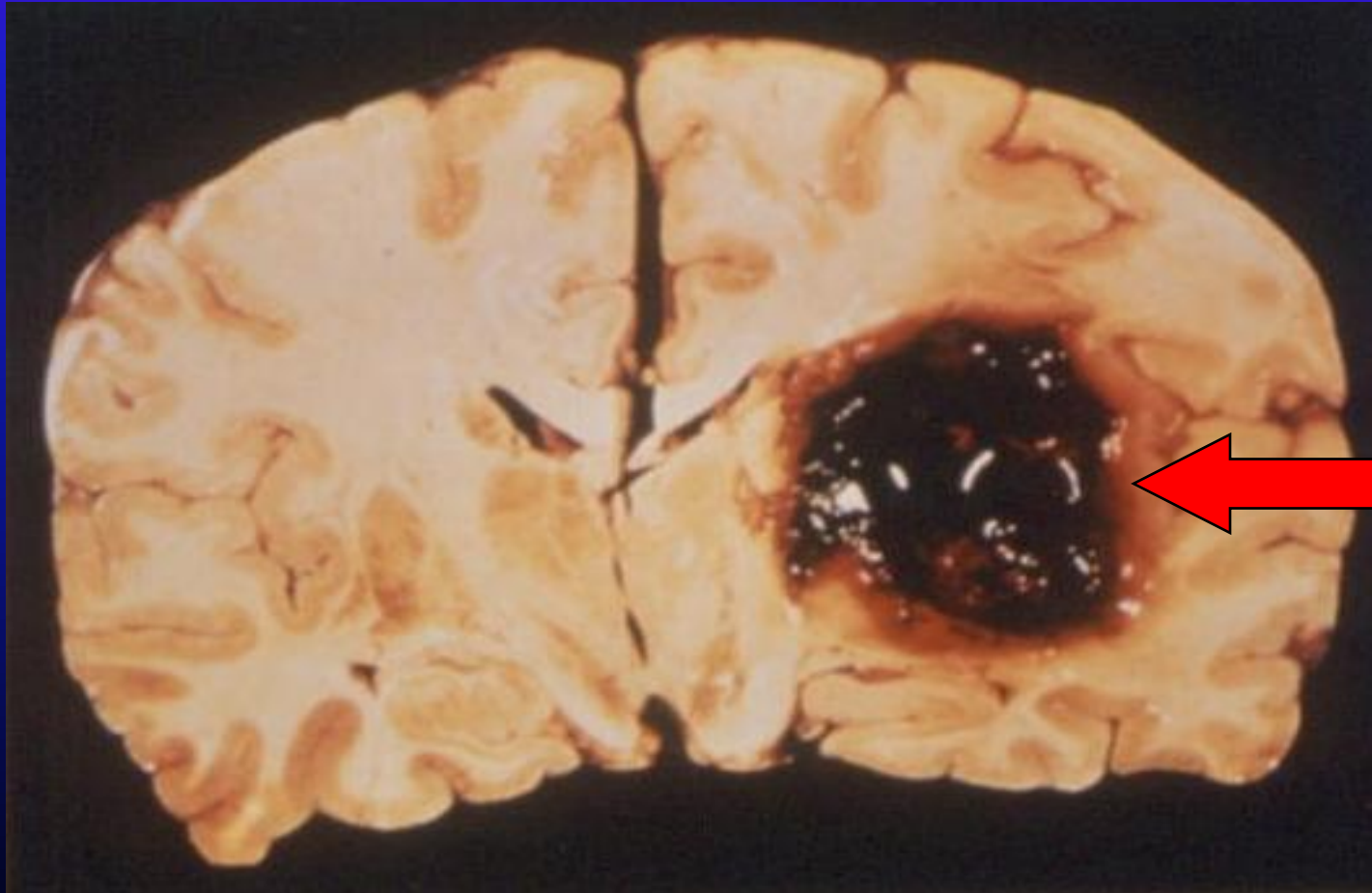
Hypertension Can Cause

- **Stroke (brain attack)**
- **Heart attack & heart failure**
- **Kidney failure**
- **Sexual dysfunction**
- **Dementia**
- **Eye damage**
- **Early death**

Complications of neglected high blood pressure

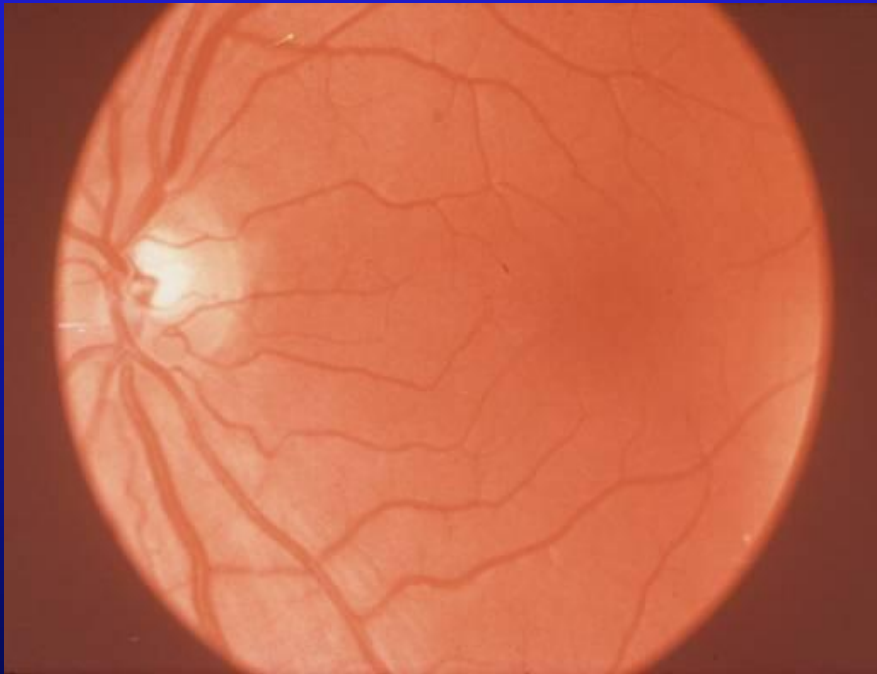


Stroke Due to Broken Blood Vessel (Hemorrhage)



Eye Blood Vessels

Normal

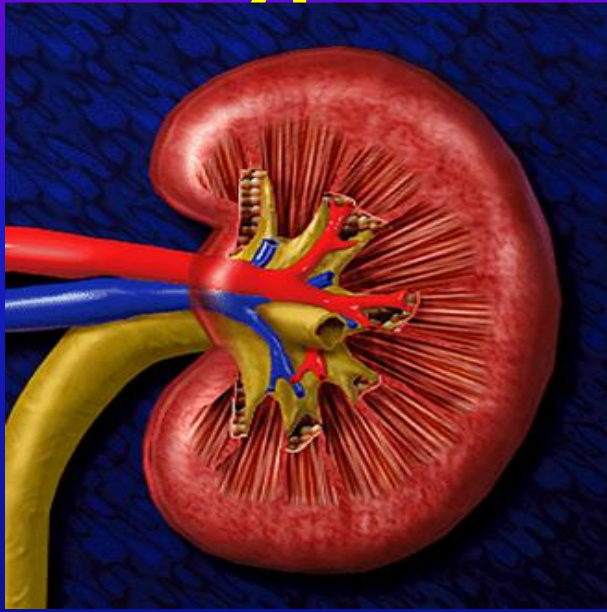


**Severe
hypertension**

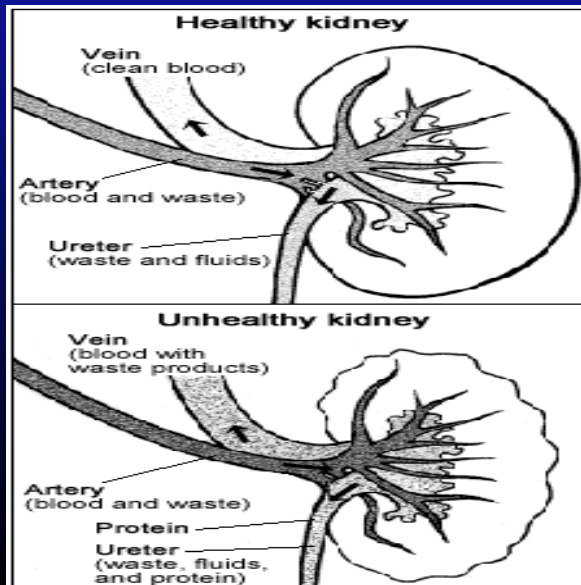


**Eye blood vessels leak and break
due to high blood pressure**

Hypertension & kidney disease



- Hypertension & Diabetes are the most common causes of kidney disease

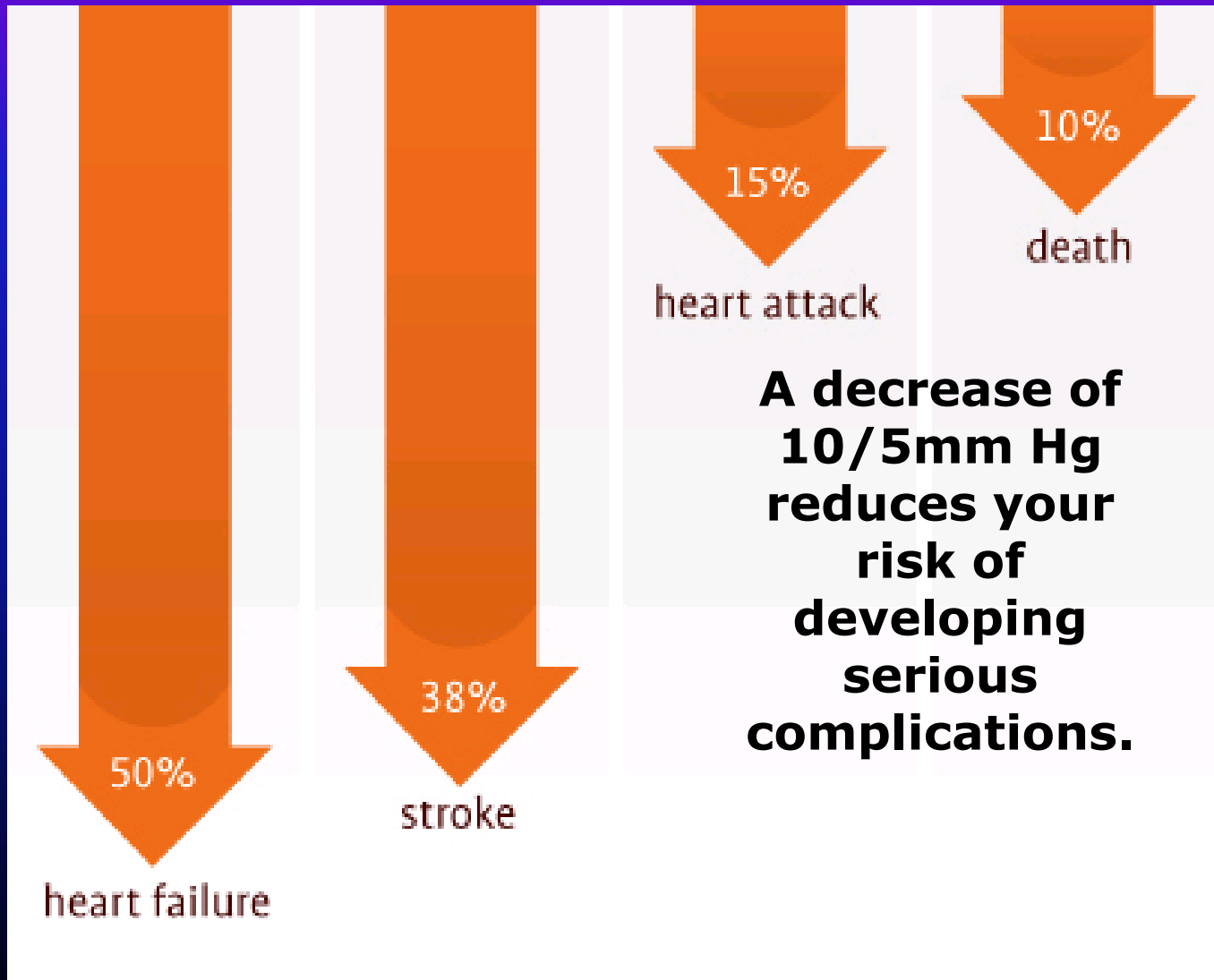


Deadly quadrate Metabolic syndrome

- **High Blood Pressure**
- **High Blood Glucose**
- **High Cholesterol**
- **Central obesity**



Why Treat Hypertension?



Life style measures to control Blood pressure

Having a healthy weight

Regular exercise

Eating a healthy diet

Restricting alcohol intake

Reducing salt intake

High Salt food



Fruits, Sprouts, Vegetables



Hypertension medicines

- ❖ It may take up to 6 weeks for pills to lower your blood pressure
- ❖ Blood pressure medicines need to be continued, even when your blood pressure is controlled
- ❖ By & large hypertension medicines are to be taken life long

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