



## High Blood Pressure

"High blood pressure is a common condition that affects the arteries of the body. It is also called hypertension. If you have high blood pressure, the force of the blood pushing against the walls of the arteries is constantly too high. The heart has to work harder to pump blood." (mayoclinic.org)

### What is blood pressure?

"Blood pressure is the pressure that blood exerts on the walls of the arteries. Arteries carry blood from the heart to other parts of the body. Your blood pressure normally rises and falls throughout the day." (cdc.gov)

### Causes:

- Exact causes of high blood pressure are not known. Hypertension can be categorized into two types; each type has a different cause.
- Primary hypertension (essential hypertension): This type of blood pressure usually takes many years to develop and probably is a result of lifestyle, environment, and age.
- Lifestyle -sedentary lifestyle
- Environment - poor diet, stress

- Age - More common after 50 years of age
- Secondary hypertension: High blood pressure caused due to health problem or certain medications.
- Family history may increase the risk for primary hypertension.
- High salt intake or salt sensitivity
- Smoking
- Overweight or obesity
- Lack of physical activity
- Too much of alcohol consumption
- Stress
- Age - above 50 years
- Factors which may cause secondary hypertension include:
  - Diabetes
  - Kidney problems
  - Sleep apnea
  - Thyroid or adrenal gland problems
  - Birth control pills

### Prevention:

Adopt a healthy lifestyle by following the 8 laws of health: plenty of fruits and vegetables, whole grains, nuts, seeds, grains, unrefined foods, exercise, water, fresh air, rest and trust in God. Remember to always be moderate in what is good for you and refrain from anything that is harmful to your body.

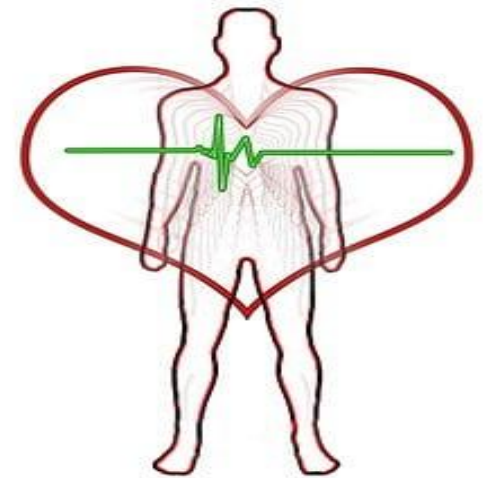
Normal blood pressure. Blood pressure is 120/80 mm Hg or lower.

Elevated blood pressure. The top number ranges from 120 to 129 mm Hg and the bottom number is below, not above, 80 mm Hg.

Stage 1 hypertension. The top number ranges from 130 to 139 mm Hg or the bottom number is between 80 and 89 mm Hg.

Stage 2 hypertension. The top number is 140 mm Hg or higher or the bottom number is 90 mm Hg or higher.

The above information was adapted from [mayoclinic.org/diseases-conditions/high-blood-pressure/symptoms-causes](https://www.mayoclinic.org/diseases-conditions/high-blood-pressure/symptoms-causes)



**Maritime Health Ministries of the Seventh-day Adventist Church**