

WHAT IS BLOOD PRESSURE

- Blood Pressure is the force of your arteries pushing against the blood
- This force makes blood flow, delivering oxygen and nutrients to the body
- It varies throughout the day, but if it is usually above the healthy range, it is considered high blood pressure or hypertension

WHAT DO THE NUMBERS MEAN

124
84

**TOP NUMBER =
SYSTOLIC PRESSURE**
*WHEN YOUR HEART
BEATS AND PUMPS
BLOOD*

**BOTTOM NUMBER =
DIASTOLIC PRESSURE**
*WHEN YOUR HEART
RELAXES AND FILLS
WITH BLOOD*

WHAT SHOULD YOUR BLOOD PRESSURE BE

Optimal	<120/80
Treatment Target	<140/90
Diabetic Target	<130/80

ADVICE FOR HOME BLOOD PRESSURE MONITORING

DO:

- Follow instructions that come with the device
- Rest for 5 minutes before taking a measurement
- Empty your bladder and bowels before a reading
- Sit with your feet flat on the floor, back and arm supported, and arm at heart level
- Completely remove clothing from your upper arm
- Measure BP in the morning and evening (before eating and medication)
- Take at least two readings, waiting 1-2 minutes between – record date and time

DON'T

- Cross your feet
- Smoke or drink caffeine 30 minutes prior
- Eat a big meal 2 hours prior
- Wear tight clothing
- Talk or watch TV during the test
- Measure your BP when you are cold, anxious, uncomfortable, stressed or in pain

CONTACT THE FORT FRANCES FAMILY HEALTH TEAM FOR MORE INFORMATION ON OUR HYPERTENSION PROGRAM

807-274-3287 ext. 1

This brochure is a guide only and should not be used for any diagnostic or therapeutic decisions

www.ffht.ca

Fort Frances
Family Health Team
of the Fort Frances Community Clinic



HYPERTENSION

WHY YOU SHOULD MONITOR YOUR BLOOD PRESSURE

- High blood pressure has no signs or symptoms (silent killer), therefore it is important to have it checked regularly
- If either the systolic or diastolic number is consistently high, you need to make changes to your lifestyle, along with regular monitoring and possible drug treatment

WHITE COAT HYPERTENSION

- Some people have higher blood pressure when they visit their doctor – known as white coat hypertension (in reference to the white coats providers may wear)
- People with white coat hypertension may still have increased risk of health problems so it is still important to monitor blood pressure regularly

MASKED HYPERTENSION

- Some people have normal blood pressure when measured in a provider's office, but have high blood pressure in other situations
- If your doctor suspects masked hypertension, you may be asked to monitor your blood pressure at home

PREVENTING OR CONTROLLING HIGH BLOOD PRESSURE

- Get regular physical activity (30-60 minutes most days of the week)
- Eat a healthy diet
- Eat less salt
- Lose weight/maintain a healthy weight
- Avoid excess alcohol
- Stop smoking and avoid places where others smoke
- Manage your stress

TRACKING AND RECORDING BLOOD PRESSURE

- Identifies risk of hypertension
- Tracks how well your blood pressure is controlled
- Helps you to see the benefits of treatment and lifestyle changes
- Reminds you to stick to the treatment plan
- You can purchase your own monitor for the home
 - Available at most pharmacies
 - Look for this:



- Ask your healthcare provider to help you choose the right size cuff

Nutrition Facts	
Per 1 burger (130 g)	
Amount	% Daily Value
Calories 200	
Fat 9 g	14 %
Saturated Fat 2 g + Trans Fat 1 g	15 %
Cholesterol 70 mg	
Sodium 800 mg	33 %
Carbohydrate 4 g	1 %
Fibre 0 g	0 %
Sugars 0 g	
Protein 25 g	
Vitamin A 0 %	Vitamin C 0 %
Calcium 4 %	Iron 2 %

LOW IN SODIUM:
% DAILY VALUE IS 5% OR LESS

HIGH IN SODIUM:
% DAILY VALUE IS HIGHER THAN 15%

EAT HEALTHY WITH THE DASH DIET (Dietary Approaches to Stop Hypertension)

CHOOSE PLENTY OF:

- Fresh fruits & vegetables
- Low fat dairy products
- Whole grains
- Lean meat, fish, dried beans and nuts
- Use herbs and spices to flavour food instead of salt
- Read food labels and buy brands with lower amounts of sodium per serving

BEWARE OF HIDDEN SOURCES OF SALT

- Fast food, restaurant and packaged food
- Condiments such as barbeque sauce, ketchup, mustard, soy sauce and salad dressing