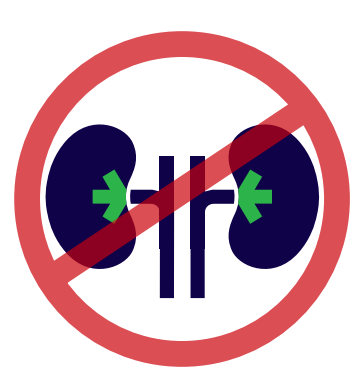
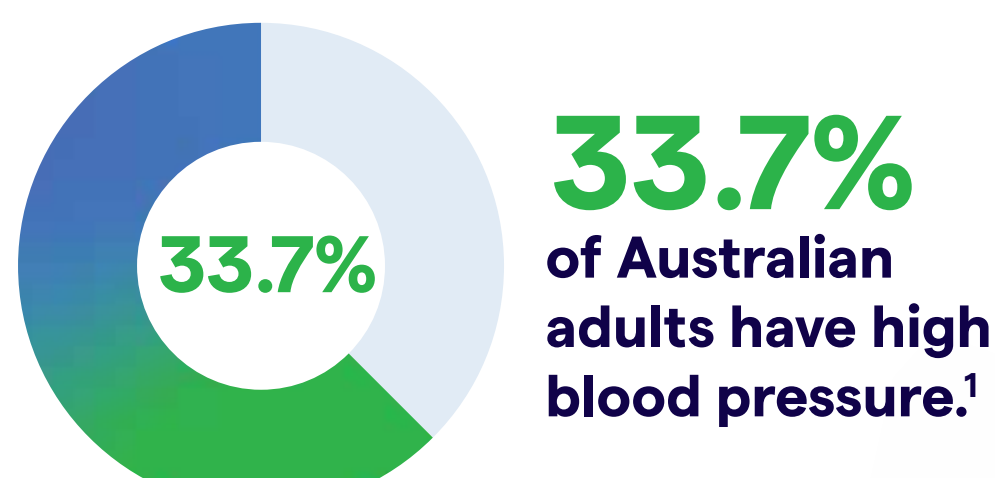


# 7 Facts you need to know about hypertension

How to protect yourself from Australia's silent killer

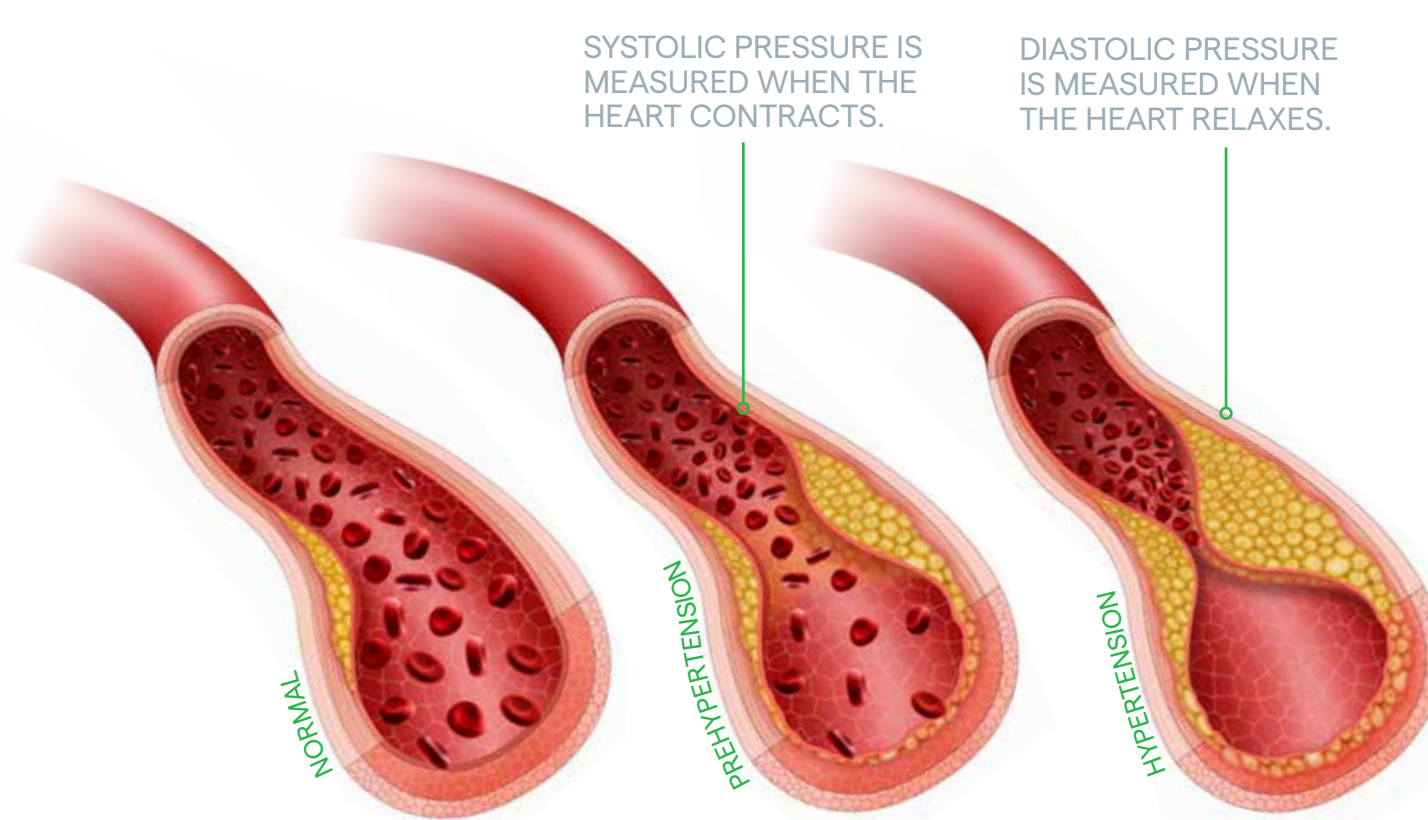
## 1 What's the big deal about high blood pressure (hypertension)?



Hypertension can result in heart attack or failure, stroke and kidney damage.<sup>2</sup>

## 2 What is hypertension?

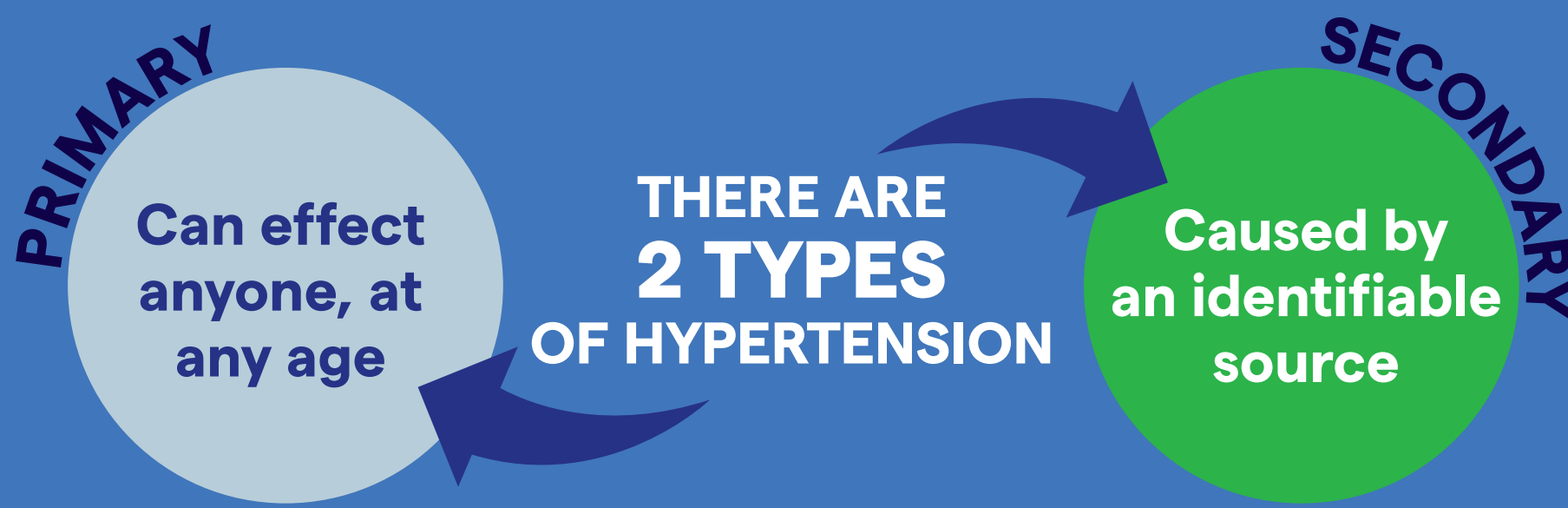
Hypertension is when blood flows through blood vessels, or arteries, at higher than normal pressures putting force against the artery wall.<sup>2</sup>



## 3 Types of hypertension?

**PRIMARY HYPERTENSION** is the most common type of hypertension. It has no identifiable cause as it is most likely due to the interaction between multiple factors such as genetics, environment, etc.<sup>3</sup>

**SECONDARY HYPERTENSION** is the result of an underlying cause such as kidney disease, obesity, pregnancy, etc.<sup>3</sup>



## 4 Common risk factors for developing hypertension

### FIXED RISK FACTORS<sup>3</sup>



- PREMATURE BIRTH
- FAMILY HISTORY
- PSYCHOSOCIAL STRESS
- INCREASED AGE
- LOW SOCIOECONOMIC STATUS
- RACE/ETHNICITY

### MODIFIABLE RISK FACTORS<sup>3</sup>

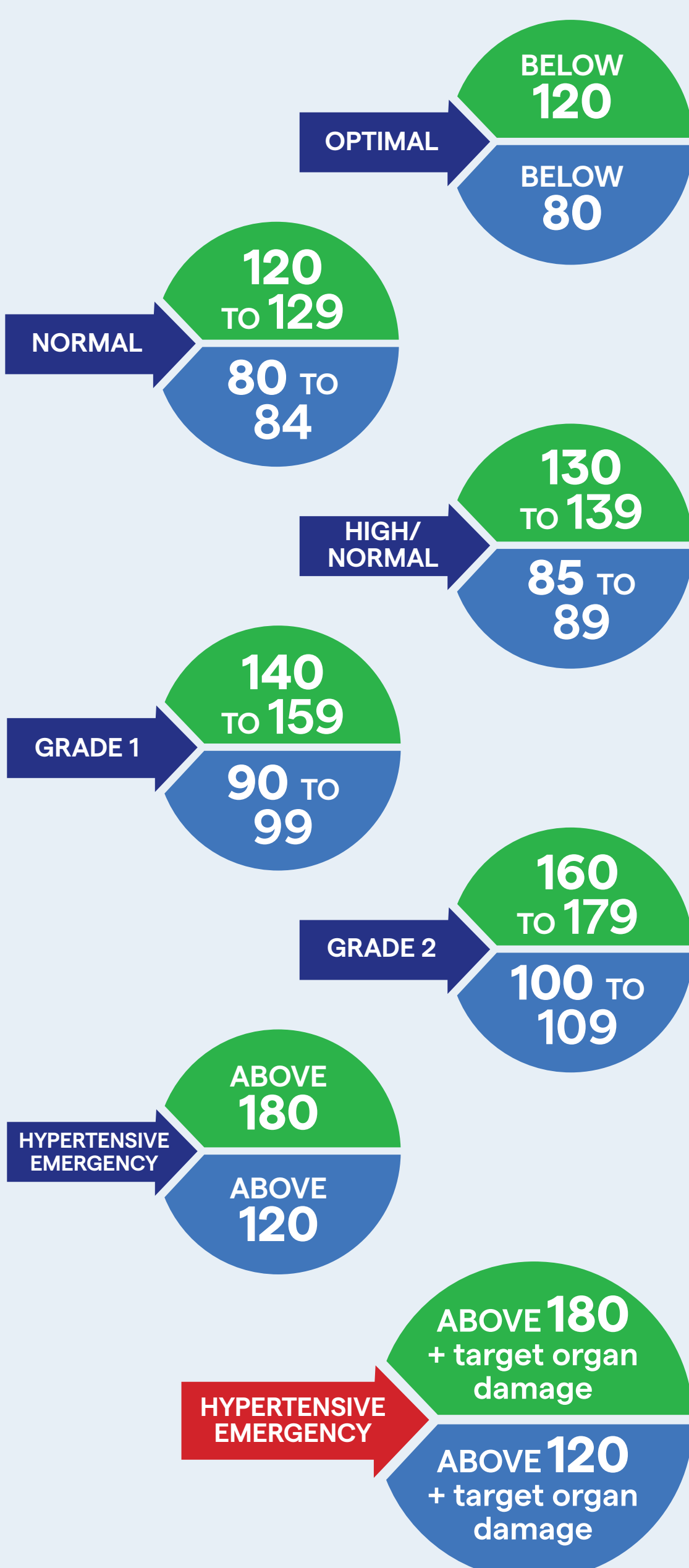


- LOW POTASSIUM
- UNHEALTHY DIET
- HIGH SODIUM
- DIABETES MELLITUS
- PHYSICAL INACTIVITY
- HIGH CHOLESTEROL

## 5 Know your numbers by heart

**TOP NUMBER: Systolic** pressure measures the pressure your blood is exerting against artery walls when the heart beats.<sup>4</sup>

**BOTTOM NUMBER: Diastolic** pressure measures the pressure your blood is exerting against artery walls between heart beats.<sup>4</sup>



## 6 Detect, diagnose and manage



Automated blood pressure monitors can **average multiple readings inside and outside the office** to ensure true BP level is recorded, helping you and your physician determine the right care plan.

## 7 Reduce your risk



- MANAGE STRESS
- MAINTAIN A HEALTHY WEIGHT
- AVOID SMOKING
- LIMIT ALCOHOL CONSUMPTION
- GET QUALITY SLEEP
- REDUCE SODIUM INTAKE

Make control your goal. Know your numbers and make lifestyle changes to reduce your risk of hypertension and its dangerous effects. As always, be sure to follow your doctor's treatment plan.

Speak to your doctor to learn more about how automated blood pressure measurement solutions could save your life.

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