

### 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**

**807-274-7741 ext. 1**

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

[www.ffht.ca](http://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