

### At a Glance

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## High Blood Pressure (HBP)

### What is High Blood Pressure?

Blood pressure is the measure of how hard the blood is pressing against the blood vessel walls in your body. Blood pressure is broken down into two different numbers: systolic blood pressure and diastolic blood pressure. Systolic blood pressure is the top number in your blood pressure reading, and Diastolic blood pressure is the bottom number in the reading. Knowing your blood pressure is important, and you can keep track of your blood pressure at home with monitors you can purchase in any pharmacy. Keeping a log or diary of your home blood pressure can be helpful to your doctor in assessing your heart health. You can talk to your doctor or pharmacist about the roles of medicines in controlling high blood pressure.

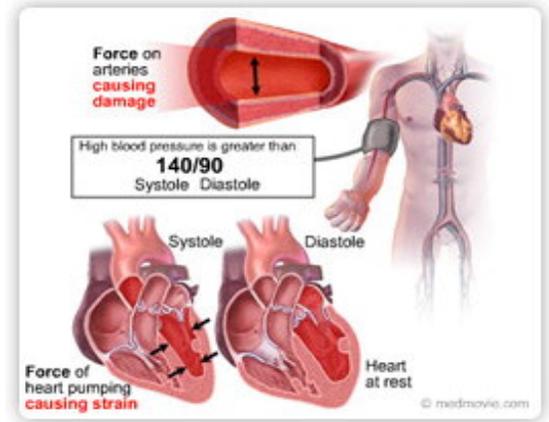
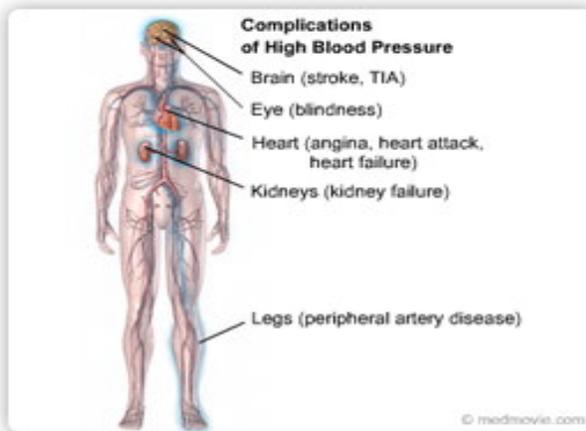
124/76 mm HG  
 Systolic Blood Pressure ←      → Diastolic Blood Pressure  
 This blood pressure is read "124 over 76 millimeters of mercury"

Blood Pressure Category	Systolic Blood Pressure (Top #)	Diastolic Blood Pressure (Bottom #)
Normal Blood Pressure	Less than 120	Less than 80
Prehypertension	120-139	80-89
High Blood Pressure (Stage 1)	140-159	90-99
High Blood Pressure (Stage 2)	Greater than 160	Greater than 100
Hypertensive Crisis	Greater than 180	Greater than 110



### Did You Know?

- \* High Blood Pressure is often called the silent killer because there are usually no symptoms
- \* If your blood pressure reaches over 180/110, you need to seek emergency medical assistance



### Dangers of High Blood Pressure

High Blood Pressure, also called Hypertension, can lead to many complications in the body. Blood vessels become weak and scarred, which can lead to problems like cholesterol buildup, stroke, and aneurysms. Blood vessels supply blood to your organs. High Blood Pressure causes an increase in the amount of work the heart has to do, which can lead to heart failure. Other organs may not receive all the blood they may need and may be damaged if blood pressure remains high.

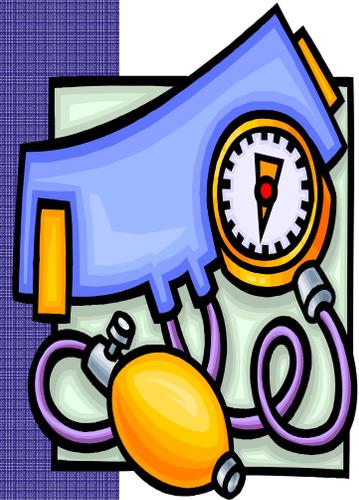
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## Ways to Prevent High Blood Pressure

- **Weight loss: maintain a normal weight**
  - Maintain a Body Mass Index (BMI) of less than 25
  - BMI Calculators can be found online at [http://www.heart.org/HEARTORG/GettingHealthy/WeightManagement/BodyMassIndex/Body-Mass-Index-BMI-Calculator\\_UCM\\_307849\\_Article.jsp](http://www.heart.org/HEARTORG/GettingHealthy/WeightManagement/BodyMassIndex/Body-Mass-Index-BMI-Calculator_UCM_307849_Article.jsp)
- **Healthier Eating**
  - Adopt a diet rich in fruits, vegetables, and low fat dairy products
- **Reducing Salt Intake**
  - Less than 1,500 mg sodium per day
  - 1/2 teaspoon salt = 1,200mg sodium
- **Avoid Tobacco Products**
- **Limit Alcohol Intake to less than 2 beverages per day**
  - 1 Beverage = 12 oz. beer, 4 oz. glass of wine, 1 oz. of liquor
- **Stay Active**
  - At least 30 minutes of aerobic activity most days of the week



### Common Types of Medicines Used to Treat High Blood Pressure

Drug Class	Common Examples: Generic Name (Brand Name)	How these drugs work
Thiazide Diuretics	chlorthalidone hydrochlorothiazide, HCTZ	Also called “water pills”; removes extra water and sodium from the body
Loop Diuretics	furosemide (Lasix)	
Aldosterone Receptor Blockers	eplerenone (Inspra) spironolactone (Aldactone)	
Calcium Channel Blockers	diltiazem (Cardizem, Tiazac, Dilacor XR) verapamil (Calan, Isoptin, Verelan PM) amlodipine (Norvasc) felodipine (Plendil)	Stops calcium from working in the heart and blood vessels to help them relax
Beta Blockers	atenolol (Tenormin) metoprolol (Lopressor, Toprol XL) carvedilol (Coreg)	Slows nerve reaction in the heart to make the heart beat slower
ACE– Inhibitors	enalapril (Vasotec) lisinopril (Prinivil, Zestril) ramipril (Altace)	Causes blood vessels to relax by preventing a hormone called angiotensin II that causes narrowing to be produced
Angiotensin II Receptor Blockers (ARBs)	losartan (Cozaar) olmesartan (Benicar**) valsartan (Diovan**)	Causes blood vessels to relax by preventing angiotensin II from binding to them

\*\*These medications are currently only available as Brand medications.

### High Blood Pressure and the Flu Shot

If you have high blood pressure, it is important to remember to get your flu shot every year. Respiratory infections like the flu can put extra strain on the heart. Typically Flu Season is from October to May, so now is a good time to talk to your doctor about getting your flu shot.



Information adapted from the following resources :

- <http://www.webmd.com/cold-and-flu/flu-guide/fact-sheet-chronic-conditions?page=2>
- [http://www.heart.org/HEARTORG/Conditions/HighBloodPressure/High-Blood-Pressure-ATH\\_UCM\\_002020\\_SubHomePage.jsp](http://www.heart.org/HEARTORG/Conditions/HighBloodPressure/High-Blood-Pressure-ATH_UCM_002020_SubHomePage.jsp)
- The Seventh Report of the Joint National Committee on Prevention, Detection, Evaluation, and Treatment of High Blood Pressure: The JNC 7 Report.2003 May 21; 289(19):2560-71 Available at: <http://www.jama.com>
- [http://www.nhlbi.nih.gov/hbp/treat/bpd\\_type.htm](http://www.nhlbi.nih.gov/hbp/treat/bpd_type.htm)

Pictures taken from:

[http://www.heart.org/HEARTORG/Conditions/HighBloodPressure/AboutHighBloodPressure/What-is-High-Blood-Pressure\\_UCM\\_301759\\_Article.jsp](http://www.heart.org/HEARTORG/Conditions/HighBloodPressure/AboutHighBloodPressure/What-is-High-Blood-Pressure_UCM_301759_Article.jsp)