

FAST FACTS



One Third of Adults in America
Have High Blood Pressure
(HBP)

1/2 of American Adults over
Age 60 Have High Blood
Pressure

HBP is a “Silent Killer”: Most
People Have No Symptoms

You should not smoke
or drink coffee 30
minutes before having
your BP checked.



101 S.E. Third Street
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DISEASE MANAGEMENT LINK *to Better Health*



Hypertension

— OVERVIEW —

*Providing support to help
you better manage
your health & well-being.*

By



TIPS FOR BLOOD PRESSURE CONTROL

What is Blood Pressure?

Blood pressure (BP) is the measurement of the force of blood against vessel walls. BP is affected by the actions of the heart, the amount of blood being pumped, and the condition of the arteries. The systolic reading (top number) measures the pressure when the heart beats. The diastolic reading (bottom number) measures the pressure when the heart is at rest. When blood pressure is high, the heart must work harder to supply the body with oxygen-rich blood. High blood pressure (HBP) leads to damage of the heart, vascular system, kidneys, and other organs of the body. The chart below displays how HBP is diagnosed.

	Systolic		Diastolic
Normal	Less than 120	and	Less than 80
Pre-Hypertension	120—139	or	80—90
Stage 1 Hypertension	140—159	or	90—99
Stage 2 Hypertension	160 or higher	or	100 or higher

Who is at Risk for High Blood Pressure?

People with a family history of high blood pressure, of African American descent, taking certain medications, with certain chronic conditions (such as diabetes), and obese individuals are at the greatest risk of developing HBP. Sedentary lifestyle, stress, cigarette smoking, and a high-fat/high-sodium diet can also cause blood pressure to rise.

What Can You Do?

Lifestyle changes include:

- Weight loss if you are overweight
- Stress reduction
- Consume a heart-healthy diet
- Stop smoking
- Limit alcohol consumption
- Exercise regularly

Routine monitoring is important if you have been diagnosed with HBP. Consider utilizing a home-monitoring device. Many medications offer safe and effective treatment for high blood pressure. Controlling HBP is essential to preventing serious complications including heart attack, stroke, and kidney damage!



Welborn Health Plans Disease Management

For questions about high blood pressure, or other disease states, call Welborn Health Plans Disease Manager at 800-521-0265. Inclusion in mailing is based on claims data and does not assume presence of diagnosis. This publication is not meant to replace the care or advice of your primary care provider.

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