

# Living Well/Aging Well

## Hypertension Management



AMERICAN OSTEOPATHIC ASSOCIATION

### What is hypertension or high blood pressure?

High blood pressure, also called hypertension, is blood pressure that is higher than normal. Blood pressure is measured using two numbers. The first number, called systolic blood pressure, measures the pressure in your arteries when your heart beats. The second number, called diastolic blood pressure, measures the pressure in your arteries when your heart rests between beats. If the measurement reads 120 systolic and 80 diastolic, you would say, “120 over 80,” or write, “120/80 mmHg.” A normal blood pressure level is less than 120/80 mmHg.

[High Blood Pressure Symptoms and Causes | cdc.gov](https://www.cdc.gov/high-blood-pressure/about/?CDC_AAref_Val=https://www.cdc.gov/bloodpressure/about.htm)

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### Facts about High Blood Pressure

Nearly half of adults have hypertension (48.1%, 119.9 million), defined as a systolic blood pressure greater than 130 mmHg or a diastolic blood pressure greater than 80 mmHg or are taking medication for hypertension.

About 1 in 4 adults with hypertension have their hypertension under control (22.5%, 27.0 million).

Having hypertension puts you at risk for heart disease and stroke, which are leading causes of death in the US.

A greater percentage of men (50%) have high blood pressure than women (44%).

High blood pressure is more common in non-Hispanic black adults (56%) than in non-Hispanic white adults (48%), non-Hispanic Asian adults (46%), or Hispanic adults (39%).

[https://www.cdc.gov/high-blood-pressure/data-research/facts-stats/?CDC\\_AAref\\_Val=https://www.cdc.gov/bloodpressure/facts.htm](https://www.cdc.gov/high-blood-pressure/data-research/facts-stats/?CDC_AAref_Val=https://www.cdc.gov/bloodpressure/facts.htm)



### When should I be screened for hypertension?

#### Hypertension Screening for Adults

Adults 18 years or older without known hypertension	The USPSTF recommends screening for hypertension in adults 18 years or older with office blood pressure measurement (OBPM). The USPSTF recommends obtaining blood pressure measurements outside of the clinical setting for diagnostic confirmation before starting treatment.
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<https://www.uspreventiveservicestaskforce.org/uspstf/recommendation/hypertension-in-adults-screening>

Scan to access:



## Pregnancy Screening

Asymptomatic pregnant persons	The USPSTF recommends screening for hypertensive disorders in pregnant persons with blood pressure measurements throughout pregnancy.
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<https://www.uspreventiveservicestaskforce.org/uspstf/recommendation/hypertensive-disorders-pregnancy-screening>

## Statin Use for the Primary Prevention of Cardiovascular Disease in Adults: Preventive Medication

Adults aged 40 to 75 years who have 1 or more cardiovascular risk factors and an estimated 10-year cardiovascular disease (CVD) risk of 10% or greater.	<p>The USPSTF recommends that clinicians prescribe a statin for the primary prevention of CVD for adults aged 40 to 75 years who have 1 or more CVD risk factors (i.e. dyslipidemia, diabetes, hypertension, or smoking) and an estimated 10-year risk of a cardiovascular event of 10% or greater.</p> <p>For adults who have a CVD risk of 7.5% to less than 10%, clinicians should selectively offer a statin for the primary prevention of CVD.</p>
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<https://www.uspreventiveservicestaskforce.org/uspstf/recommendation/statin-use-in-adults-preventive-medication>

## Who is at risk for hypertension (high blood pressure)?

Risk factors, such as health conditions, lifestyle, and family history, can increase your risk of high blood pressure. These include:

- Diabetes - About 6 out of 10 of people who have diabetes also have high blood pressure. Talk with your doctor about ways to manage diabetes and control other risk factors.
- Unhealthy Diet - Eating too much sodium—an element in table salt—increases blood pressure. Most of the sodium we eat comes from processed and restaurant foods. Not eating enough [potassium](#) also can increase blood pressure. Potassium is found in many foods such as bananas, potatoes, beans, and yogurt.
- Lack of Physical Activity - Regular physical activity may help lower your blood pressure and help you keep a healthy weight.
- Obesity - Obesity is linked to higher “bad” cholesterol and triglyceride levels and to lower “good” cholesterol levels. In addition to high blood pressure, having obesity can also lead to heart disease and diabetes. Talk to your health care team about a plan to reduce your weight to a healthy level.
- Too Much Alcohol - Drinking too much alcohol can raise your blood pressure.
  - Women should have no more than one drink a day.
  - Men should have no more than two drinks a day.
- Tobacco Use - Tobacco use increases your risk for high blood pressure. Smoking can damage the heart and blood vessels.
- Family History - High blood pressure can run in a family, and your risk for high blood pressure can increase based on your age and your race or ethnicity.

- **Age.** Because your blood pressure tends to rise as you age, your risk for high blood pressure increases. About 9 out of 10 Americans will develop high blood pressure during their lifetime.
- **Sex.** Women are about as likely as men to develop high blood pressure during their lives.
- **Race or ethnicity.** Black people develop high blood pressure more often than white people, Hispanics, Asians, Pacific Islanders, American Indians, or Alaska Natives do. Compared with white people, black people also develop high blood pressure earlier in life.

[https://www.cdc.gov/high-blood-pressure/risk-factors/?CDC\\_AAref\\_Val=https://www.cdc.gov/bloodpressure/risk\\_factors.htm](https://www.cdc.gov/high-blood-pressure/risk-factors/?CDC_AAref_Val=https://www.cdc.gov/bloodpressure/risk_factors.htm)

## Management of Hypertension

**Measure Your Blood Pressure Regularly** - Measure your blood pressure regularly at home with a home blood pressure monitor, or visit your doctor or nurse to have your blood pressure checked.

**Manage Diabetes** - 6 out of 10 people with diabetes also have high blood pressure. If you have diabetes, monitor your blood glucose (also called blood sugar) levels carefully and talk with your physician about treatment options.

**Take Your Medicine** - If you take medicine to treat high blood pressure or other health conditions, follow your physician's instructions carefully. Never stop taking your medicine without talking to your doctor or pharmacist.

**Make sure to have sufficient quantities of your medication on hand.** Refill your prescriptions sooner instead of waiting until the last minute. Take advantage of 90-day medication supplies to always have it available. Also be sure to have fresh rescue medication on hand in case it is needed.

**Make Lifestyle Changes** - You can help lower your blood pressure by being physically active, eating a healthy diet, not smoking, and making other lifestyle changes.

[https://www.cdc.gov/high-blood-pressure/prevention/?CDC\\_AAref\\_Val=https://www.cdc.gov/bloodpressure/prevent.htm](https://www.cdc.gov/high-blood-pressure/prevention/?CDC_AAref_Val=https://www.cdc.gov/bloodpressure/prevent.htm)

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