

HYPERTENSION SIGNS AND STRATEGIES

High blood pressure can lead to serious health problems including heart attack or stroke. Measuring your blood pressure is the only way to know if you have it.

KNOW THE SIGNS

- Headaches or nosebleeds
- Facial flushing
- Fatigue
- Vision problems
- Dizziness



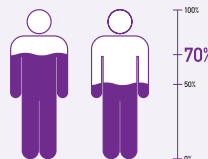
- Chest pain
- Difficulty breathing
- Irregular heartbeat
- Blood in urine
- Pounding in chest, neck or ears

IMPROVE YOUR BLOOD PRESSURE READING

- Reach and maintain a healthy weight
- Check your cholesterol
- Don't miss a dialysis treatment!



- Follow your diet and fluid allowances
 - Choose fresh foods instead of processed
 - Increase your fruit and vegetable intake
 - Choose whole grains
 - Use less added salt and more salt substitutes like "Dash"



- Take your medications on time, as prescribed

- Increase exercise



- Reduce your stress:

- Practice mindfulness, meditation or deep breathing
- Get enough rest and sleep more than 6 hours a night
- Reduce caffeine and alcohol intake
- Stop smoking



BLOOD PRESSURE CATEGORIES

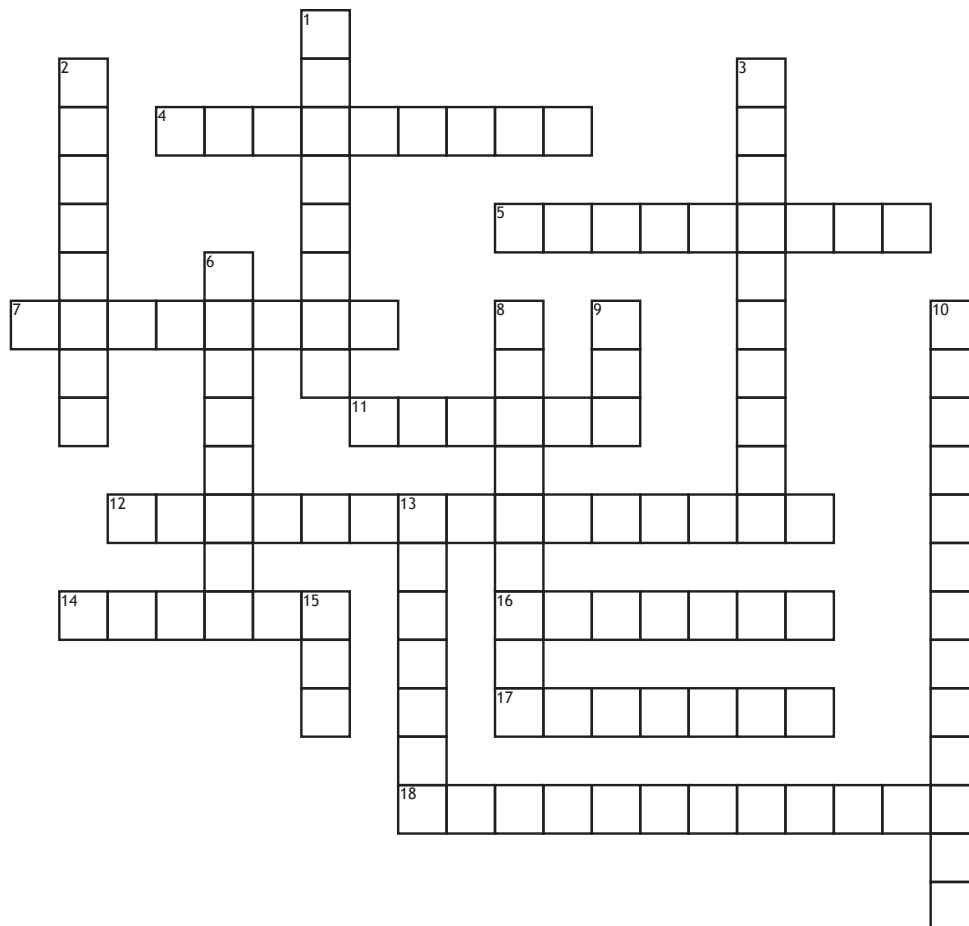
BLOOD PRESSURE CATEGORY	SYSTOLIC mm Hg (upper number)	DIASTOLIC mm Hg (lower number)
NORMAL	LESS THAN 120	LESS THAN 80
ELEVATED	120 - 129	LESS THAN 80
HIGH BLOOD PRESSURE (HYPERTENSION) STAGE 1	130 - 139	80 -89
HIGH BLOOD PRESSURE (HYPERTENSION) STAGE 2	140 OR HIGHER	90 OR HIGHER
HYPERTENSIVE CRISIS (consult your doctor immediately)	HIGHER THAN 180	HIGHER THAN 120

**REMEMBER IT IS COMMON TO HAVE NO SYMPTOMS.
CHECK YOUR BLOOD PRESSURE AS PRESCRIBED.**

- If your reading is high, try to relax and take deep breaths for a few minutes then recheck the reading
- If your blood pressure is 180/120 mm Hg or higher, call 9-1-1

[illegible]

HYPERTENSION CROSSWORD



Across

4. MISSING TREATMENTS OR DRINKING TOO MUCH FLUID BETWEEN TREATMENTS CAN CAUSE DIFFICULTY _____, HYPERTENSION, AND SWELLING.

5. WHO CAN YOU ALWAYS RELY ON FOR DIETARY ADVICE WHEN TRYING TO LOWER YOUR BLOOD PRESSURE?

7. _____, ALSO KNOWN AS A "WATER PILL," CAN HELP LOWER YOUR BLOOD PRESSURE.

11. HIGH BLOOD PRESSURE CAN LEAD TO A HEART ATTACK OR _____.

12. IT COUNTS AS A FLUID IF IT IS LIQUID AT _____.

14. _____ SOUPS OR VEGETABLES ARE OFTEN VERY HIGH IN SODIUM.

16. QUITTING _____ CAN HELP BRING YOUR BLOOD PRESSURE DOWN.

17. FROZEN _____ ARE OFTEN HIGH IN SALT.

18. _____, OR HIGH BLOOD PRESSURE, IS PRESENT IN 80-85% OF PEOPLE WITH CHRONIC KIDNEY DISEASE.

Down

1. ATTENDING _____ IS AN IMPORTANT PART OF CONTROLLING HYPERTENSION.

2. INCREASING _____ IN YOUR DAILY LIFE CAN ASSIST IN DECREASING BLOOD PRESSURE.

3. REMOVING THE _____ OFF THE KITCHEN TABLE CAN ASSIST IN REDUCING SODIUM INTAKE.

6. LIMIT SODIUM INTAKE TO LESS THAN 2000 MG, OR ABOUT ONE _____.

8. _____ FOODS TEND TO BE HIGHER IN SALT.

9. FLUIDS SHOULD BE LIMITED TO ABOUT _____ LITER(S)/DAY

10. OVER THE COUNTER COLD MEDICATIONS THAT CONTAIN _____ CAN CAUSE YOUR BLOOD PRESSURE TO RAISE SIGNIFICANTLY.

13. TRY USING HERBS OR SPICES FOR ADDED FLAVOR. HERB BLENDS SUCH AS, _____, ARE SAFE TO USE

15. "_____ WEIGHT" IS YOUR WEIGHT WITHOUT ANY EXTRA FLUID.

WORD BANK

Decongestants	One	Dry	Mrs Dash	Dialysis	Dinners
Smoking	Processed	Dietitian	Hypertension	Diuretic	Breathing
Stroke	Exercise	Room temperature	Salt Shaker	Teaspoon	Canned