

High blood pressure

Get the facts and get checked

What is it?

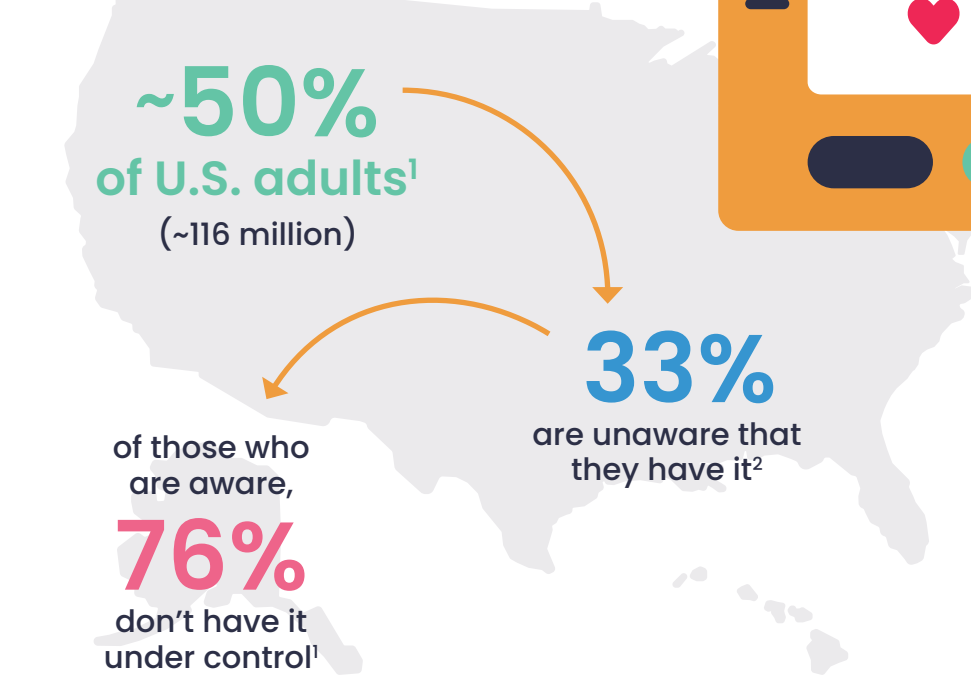
Blood pressure (BP) measures how strongly the blood pushes against your arteries.

High blood pressure, also called hypertension, is when your blood pressure is higher than normal.

The American Heart Association and the American College of Cardiology recommend treating high blood pressure at or above 130/80 mmHg.

- **Normal**
<120 / <80
- **Elevated**
120-129 / <80
- **Stage 1**
130-139 / 80-89
- **Stage 2**
≥140 / ≥90
- **Hypertensive Crisis**
≥180 / ≥120

Who has it?



It disproportionately affects **communities of color**.³

Black Americans experience **5x** the mortality risk compared with white Americans.⁴

What can you do?⁷

Individual results may vary.



Change diet
Eat fruits, veggies, low-fat dairy, etc.
Approximate SBP reduction: 11 mmHg



Lose weight
Approximate SBP reduction: 5 mmHg



Moderate alcohol intake
Men: 2 drinks/day
Women: 1 drink/day
Approximate SBP reduction: 5-8 mmHg



Lower salt intake
Approximate SBP reduction: 5-6 mmHg



Increase activity
Aim for 90-150 minutes of moderate activity weekly
Approximate SBP reduction: 5-8 mmHg

Even small BP changes can have **big** impacts on reducing risk of cardiovascular events

5 mmHg reduction⁸

- 5%** cardiovascular death
- 8%** coronary heart disease
- 10%** major cardiovascular events
- 13%** stroke
- 13%** heart failure

10 mmHg reduction⁹

- 13%** all-cause death
- 17%** coronary heart disease
- 20%** major cardiovascular events
- 27%** stroke
- 28%** heart failure

What are the effects?

Health



Heart attack⁵



Heart failure⁵



Stroke⁵



Kidney failure⁵

Cost

Adults with high blood pressure spend

3.2x more

on healthcare every year⁶



Content by Medtronic

References:

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⁵Messerli FH, Williams B, Ritz E. Essential hypertension. *Lancet*. August 18, 2007;370(9587):591-603.

⁶Schmieder R, et al. HCC research. 2018. Presented at EuroPCR 2016.

⁷What can I do to improve my high blood pressure? Target: BP. Available at: https://TargetBP.org/tools_downloads/what-can-i-do-to-improve-my-blood-pressure/. Accessed November 4, 2022.

⁸Blood Pressure Lowering Treatment Trialists' Collaboration. Pharmacological blood pressure lowering for primary and secondary prevention of cardiovascular disease across different levels of blood pressure: an individual participant-level data meta-analysis. *Lancet*. May 1, 2021;397(10285):1625-1636.

⁹Ettehad D, Emdin CA, Kiran A, et al. Blood pressure lowering for prevention of cardiovascular disease and death: a systematic review and meta-analysis. *Lancet*. March 5, 2016;387(10022):957-967.

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