



Hypertension (HTN/HPN)



What is it?

- *Stable increase in arterial diastolic or systolic pressure (140/90 mm or higher)
- ***IDDM (Insulin Dependent Diabetes Mellitus)**- increases creatinine clearance, microalbuminemia, hypertension, left ventricular mass

Signs and Symptoms:

- *Shortness of breath, impaired vision, frequent headaches, chest pain, nose bleeds, failing memory, dizziness, GI (gastrointestinal) distress



Facts:



- ***Present in**- 15-50% of Americans
- *Increases with age
- ***Increases 15-20%**- alcoholics, oral contraceptive users
- ***Stage I**- mild- 140-160/90-99
- ***Stage IV**- severe- 210/120 or higher
- ***Primary Hypertension/essential**- affects 90% of all persons with HTN
- ***Secondary Hypertension**- with diagnosis of renal failure, hyperaldosteronism, pheochromocytoma, Cushing's syndrome, medications
- ***Untreated**- can lead to renal disease, stroke, CHF (Congestive Heart Failure), MI (myocardial infarction), long term memory loss
 - if malignant- fatal within 6 months
- ***10% weight gain increases blood pressure**- 6.6 mm, every pound needs 200 miles of new capillaries



What can I do?

- *See your Physician and ask about
 - dyspnea on exertion**- prevent left sided heart failure
 - edema prevent right sided heart failure
- increase of Vitamin E, K, D, Magnesium, Calcium, Potassium (K+), B Complex
 - *See RD for help as needed
 - *See FFF RD on line for help
- *Lower sodium diet, decrease caffeine, alcohol, lose weight if overweight
 - *Exercise 20 minutes or more daily
- ***Increase**- complex carbohydrates, fish, chicken, HBV Protein

