

How can High Blood Pressure (Hypertension) damage your body?

- Your heart and arteries have a greater load of work.
- Your heart may get enlarged, and if too much, it may not be able to meet your body's demands.
- High blood pressure may speed up the hardening of your arteries and cause loss of elasticity.
- It increases your risk of stroke!

Controllable Risk Factors:

- Exercise regularly – physical inactivity may lead to obesity, which in turn increases the chance of high blood pressure.
- Watch your weight – individuals who are overweight are more likely to develop high blood pressure.
- Drink alcohol in moderation – excess intake of alcohol may increase blood pressure.
- Reduce stress – even though individuals handle stress differently, high stress levels increase blood pressure.
- Reduce sodium intake – salt intake increases blood pressure in some individuals.
- Do not smoke – smoking increases blood pressure.

Non-Controllable Risk Factors:

- Race: African Americans develop hypertension more often than whites.
- Heredity: Hypertension tends to run in families.
- Age: Chances of developing hypertension increase with age.

High blood pressure usually has no symptoms, and this is why it is so dangerous. It is essential that you keep checking your blood pressure. Refer to the chart provided to follow recommendations as to when you should re-check your blood pressure!



Source:

American Heart Association: www.americanheart.org

FREE Blood Pressure Checks at:

Student Health Services, Bldg. 46. Call 909-869-4000 to schedule an appt. with a nurse.

SHS Wellness Center, Bldg. 46 (West Entrance) Walk in when open.