

## MWANANCHI'S HEALTH CONSULTANCY SERVICES

### High Blood Pressure (HBP)

High blood pressure is a serious condition that can lead to coronary heart disease, heart failure, stroke, kidney failure, and other health problems. "Blood pressure" is the force of blood pushing against the walls of the arteries as the heart pumps blood. If this pressure rises and stays high over time, it can damage the body in many ways. Blood pressure is measured as systolic and diastolic pressures. "Systolic" refers to blood pressure when the heart beats while pumping blood. "Diastolic" refers to blood pressure when the heart is at rest between beats.

### Categories for Blood Pressure Levels in Adults (mmHg)

Category	Systolic (top number)		Diastolic (bottom number)
Normal	Less than 120	And	Less than 80
Pre hypertension	120–139	Or	80–89
High blood pressure			
Stage 1	140–159	Or	90–99
Stage 2	160 or higher	Or	100 or higher

Blood pressure doesn't stay the same all the time. It lowers as you sleep and rises when you wake up. Blood pressure also rises when you're excited, nervous, or active. If your numbers stay above normal most of the time, you're at risk for health problems. The risk grows as blood pressure numbers rise. "Pre hypertension" means you may end up with HBP, unless you take steps to prevent it. If your systolic number is 160 and your diastolic number is 80, you have stage 2 HBP. If your systolic number is 120 and your diastolic number is 95, you have stage 1 HBP. Blood pressure tends to rise with age. Following a healthy lifestyle helps some people delay or prevent

this rise in blood pressure. People who have HBP can take steps to control it and reduce their risk for related health problems. Key steps include following a healthy lifestyle, having ongoing medical care, and following your treatment plan.