

# 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 Health Care Provider**- 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 a Registered Dietitian**- for help as needed
- Lower sodium diet, decrease caffeine, alcohol, lose weight if overweight
- **Exercise**- 20 minutes or more daily
- **Increase**- complex carbohydrates, fish, chicken, HBV Protein

