



HEALTHY

Heart

The **HEART** is a muscular organ which pumps blood through the blood vessels of the circulatory system.

Blood provides the body with oxygen and nutrients, as well as assisting in the removal of metabolic wastes.

Our circulation is similar to a highly sophisticated form of plumbing - blood has 'flow' and arteries are 'pipes.'

Blood flows through our body because of a difference in pressure.

When our heart pumps blood into arteries, it pushes the blood along under a head of pressure.

Doctors measure our blood pressure as a way of quantifying the force being exerted by this moving blood against the walls of arteries.

Because the heart beats, the blood flow through the arteries is not steady (as with a fire hose), but pulsatile, and the flow of blood, and the pressure it exerts, fluctuate from moment to moment.

For this reason, the measurement of a person's blood pressure is recorded as two different numbers — the systolic blood pressure and the diastolic blood pressure.

These two numbers reflect different aspects of the pressure being exerted by our blood as it pulses through arteries.



Importance of Measuring Blood Pressure during Quiet Rest

Systolic and diastolic blood pressure (the highest and the lowest blood pressure reached during any given cardiac cycle) can change substantially from minute to minute depending on your state of activity, your state of stress, your state of hydration, and several other factors. The standard recommended by experts requires the blood pressure to be taken in a calm, warm environment after you have been resting quietly for at least five minutes.



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Blood Pressure



SYSTOLIC
TOP NUMBER

mm Hg



DIASTOLIC
BOTTOM NUMBER

normal

BELOW 120



AND



BELOW 80

elevated

120 - 129



AND



BELOW 80

**high blood
pressure**

STAGE 1

130 - 139



OR



80 - 89

**high blood
pressure**

STAGE 2

140 OR HIGHER



OR



90 OR HIGHER

**hypertensive
crisis**

ABOVE 180



AND/OR



ABOVE 120

CONSULT YOUR DOCTOR IMMEDIATELY

healthline



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		COMPLICATIONS	CAUSAL FACTORS		REMEDY
HIGH BLOOD PRESSURE	High blood pressure doesn't cause symptoms unless you're in hypertensive crisis. It's actually known as a "silent killer" because it quietly damages your blood vessels and organs, and you may not realize you have it until the damage is done.	<ul style="list-style-type: none"> • Stroke • heart failure • heart attack • Vision problems • Vision loss • kidney disease • sexual dysfunction • aneurysm 	<ul style="list-style-type: none"> • Age: Aging increases your risk of damaged and narrowed arteries and weakened or thickened heart muscle. • Sex: Men are generally at greater risk of heart disease. However, women's risk increases after menopause. • Family history. A family history of heart disease increases your risk of coronary artery disease, especially if a parent developed it at an early age • Smoking. Nicotine constricts your blood vessels, and carbon monoxide can damage their inner lining, making them more susceptible to atherosclerosis. Heart attacks are more common in smokers than in non-smokers. 	ELEVATED	No medications are necessary for elevated blood pressure. But this is when you should adopt healthier lifestyle choices. A balanced diet and regular exercise can help lower your blood pressure to a healthy range
				HIGH BLOOD PRESSURE (HYPERYENSI ON STAGE 1)	Doctor can help you measure and track your blood pressure to confirm whether it's too high. Start taking medications if blood pressure doesn't improve after one month of following a healthy lifestyle, especially if individual is already at high risk for heart disease. If person is at lower risk, doctor may want to



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			<ul style="list-style-type: none"> • Certain chemotherapy drugs and radiation therapy for cancer. Some chemotherapy drugs and radiation therapies may increase the risk of cardiovascular disease. • Poor diet. A diet that's high in fat, salt, sugar and cholesterol can contribute to the development of heart disease. • High blood pressure. Uncontrolled high blood pressure can result in hardening and thickening of your arteries, narrowing the vessels through which blood flows. • High blood cholesterol levels. High levels of cholesterol in your blood can increase the risk of formation of plaques and atherosclerosis. • Diabetes. Diabetes increases your risk of heart disease. Both conditions share similar risk 		<p>follow up in three to six months after you've adopted more healthy habits.</p>
				<p>HIGH BLOOD PRESSURE (HYPERYENSI ON STAGE 2)</p>	<p>Doctor will recommend one or more medications for keeping blood pressure under control. But individual shouldn't rely solely on medications to treat hypertension. <u>Lifestyle habits</u> are just as important in stage 2 as they are in the other stages.</p>
				<p>HYPERTENSIV E CRISES (DANGER ZONE)</p>	<p>Blood pressure in this range requires urgent treatment by specialized doctor even if there are no accompanying symptoms. Emergency treatment shall be sought by individual having</p>



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			<p>factors, such as obesity and high blood pressure.</p> <ul style="list-style-type: none">• Obesity. Excess weight typically worsens other risk factors.• Physical inactivity. Lack of exercise also is associated with many forms of heart disease and some of its other risk factors, as well.• Stress. Unrelieved stress may damage your arteries and worsen other risk factors for heart disease.• Poor hygiene. Not regularly washing your hands and not establishing other habits that can help prevent viral or bacterial infections can put you at risk of heart infections, especially if you already have an underlying heart condition. Poor dental health also may contribute to heart disease		<p>blood pressure in this range and have accompanying symptoms such as</p> <ul style="list-style-type: none">• Chest pain• Shortness of breath• Visual changes• Symptoms of stroke, such as paralysis or a loss of muscle control in the face or an extremity• Blood in your urine• Dizziness• Headache
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		COMPLICATIONS	SYMPTOMS	CAUSALFACTORS		REMEDY
LOW BLOOD PRESSURE	<p>Low blood pressure is known as <u>hypotension</u>. In adults, a blood pressure reading of 90/60 mm Hg or below is often considered hypotension. This can be dangerous because blood pressure that is too low doesn't supply your body and heart with enough oxygenated blood</p>	<ul style="list-style-type: none"> • Organ Failure due to lack of blood and oxygen supply 	<ul style="list-style-type: none"> <input type="checkbox"/> Dizziness <input type="checkbox"/> Fainting <input type="checkbox"/> Seizures <input type="checkbox"/> Chest pain <input type="checkbox"/> Falling <input type="checkbox"/> Loss of balance <input type="checkbox"/> Nausea <input type="checkbox"/> Thirst <input type="checkbox"/> Inability to concentrate <input type="checkbox"/> Headaches <input type="checkbox"/> Blurred vision <input type="checkbox"/> Fatigue <input type="checkbox"/> Shallow breathing <input type="checkbox"/> Shortness of breath <input type="checkbox"/> Clammy skin <input type="checkbox"/> Bluish-tinged skin 	<ul style="list-style-type: none"> • Heart problems • Dehydration • Pregnancy • Blood loss • Severe infection (septicemia) • Anaphylaxis • Malnutrition • Endocrine problems • Certain medications 	HYPOTENSION	<p>Consult doctor to find out the cause of low blood pressure and what can be done to raise it.</p>



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Preventive Measures



Individual shall take preventive measures to keep blood pressure in the normal range. This can help to lower risk of developing hypertension, heart disease, and stroke.

The following preventive measures can help lower or stave off high blood pressure:

Reducing sodium intake

Some people are sensitive to the effects of sodium. These individuals shouldn't consume more than 2,300 mg per day. Adults who already have hypertension may need to limit their sodium intake to 1,500 mg per day.

It's best to start by not adding salt to foods, which would increase your overall sodium intake. Limit processed foods as well. Many of these foods are low in nutritional value while also high in fat and sodium.

Reducing caffeine intake

Reduce your caffeine intake. Talk to your doctor to see if caffeine sensitivity plays a role in your blood pressure readings.

Healthy Food

Diet rich in fiber i.e vegetables, beans, oats, barley, apples etc. are very helpful in lowering the bad cholesterol of the body. Additionally, sea food diet rich in omega-3 fatty acids can help ward off heart disease. Almonds, walnuts, pecans, and other tree nuts deliver a powerful punch of heart-healthy fats, protein, and fiber. Including them in your diet can help lower your risk of cardiovascular disease.

We need fats in our diet, including saturated and polyunsaturated and unsaturated fats. One fat we don't need is trans fat, which is known to increase your risk of developing heart disease or having a stroke over a lifetime. This is because trans-fat clogs our arteries by raising our bad cholesterol and lowering our good cholesterol levels. By cutting them from your diet, you improve the blood flow throughout your body.

Exercising

Exercise more often. Consistency is key in maintaining a healthy blood pressure reading. It's better to exercise 30 minutes every day rather than a few hours only on the weekends. Try gentle



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yoga routine to lower blood pressure.

Laughing out loud is another essential method to keep heart healthy. It lowers stress hormones, decrease inflammation in your arteries, and raise our levels of good cholesterol.

Maintaining a healthy weight

If already at a healthy weight, maintain it. Or lose weight if necessary. If overweight, losing even 5 to 10 pounds can make an impact on your blood pressure readings. Please check suitability as per Body mass index.

Managing stress

Manage your stress levels. Moderate exercise, yoga, or even 10-minute meditation sessions can help. Get your mind occupied with creative hobbies.

Reducing alcohol intake and quitting smoking

Reduce your alcohol intake. Depending on your situation, you may need to stop drinking altogether. It's also important to quit or refrain from smoking. Smoking is incredibly harmful to your heart health.