

# MANAGING HIGH BLOOD PRESSURE (HYPERTENSION)



 **1800 103 7070**  
FOR APPOINTMENT

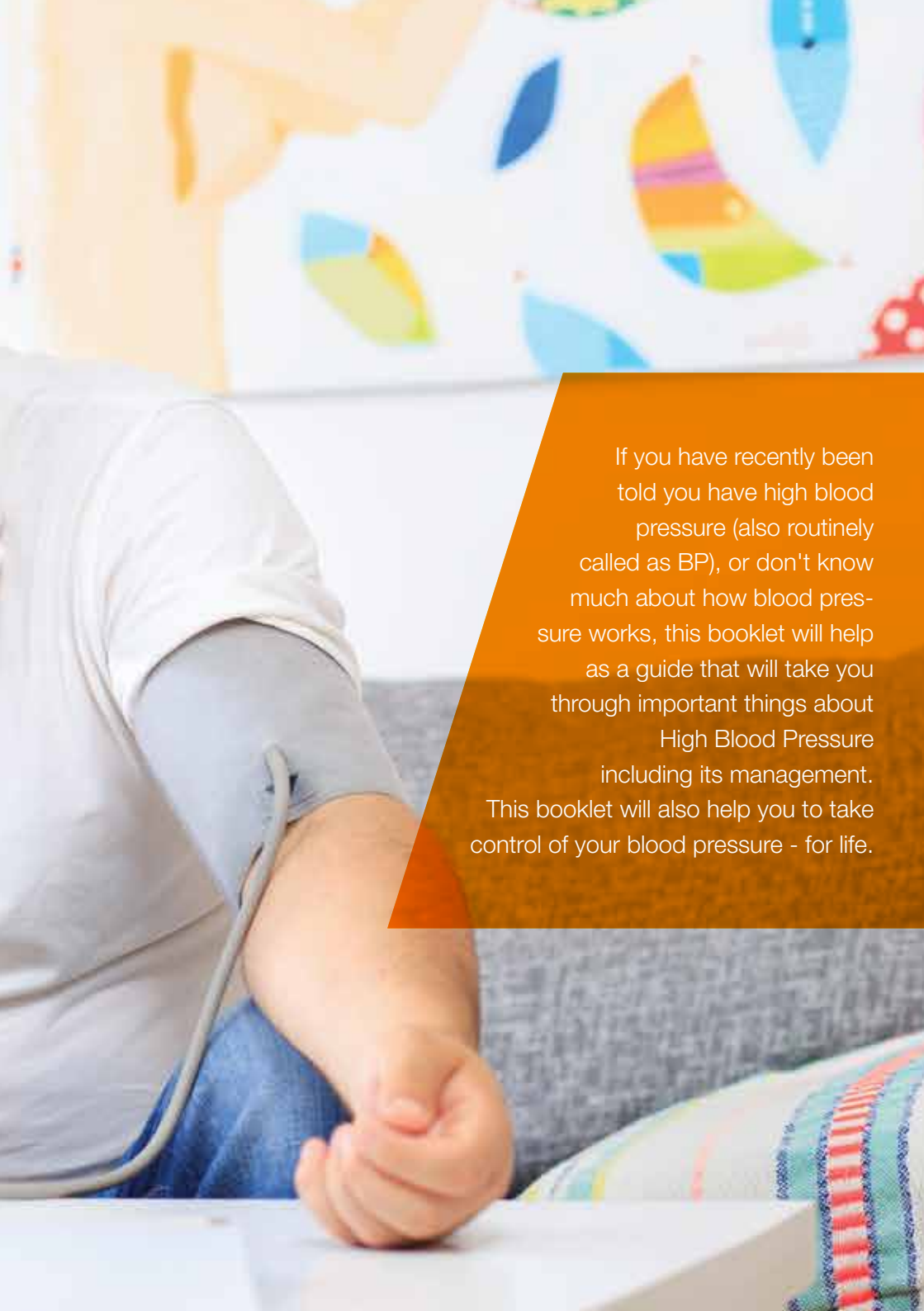
**HCL**

**HCL HEALTHCARE**

WORLD CLASS FAMILY HEALTH CENTRE

In affiliation with  
Johns Hopkins Medicine International





If you have recently been told you have high blood pressure (also routinely called as BP), or don't know much about how blood pressure works, this booklet will help as a guide that will take you through important things about High Blood Pressure including its management. This booklet will also help you to take control of your blood pressure - for life.

**HIGH BLOOD PRESSURE IS ONE OF THE MOST COMMON LIFESTYLE DISEASES TODAY. NEARLY ONE IN THREE INDIAN ADULTS HAS HIGH BLOOD PRESSURE.**

### **A. What is high blood pressure?**

High blood pressure (also called Hypertension) is when your blood pressure is usually higher than it should be. If there is too much pressure in your blood vessels, and if your high blood pressure is not lowered, there is a risk for damage to your eyes, brain, heart, blood vessels and kidneys, leading to serious conditions such as heart attack, heart failure, stroke or dementia.

### **B. What do blood pressure numbers mean?**

Blood pressure is measured with two numbers. They are shown as one number on top of the other. It is recorded in millimetres of mercury (mmHg).

For example, if your doctor says your BP is "120 over 80", or 120/80mmHg, it means you have a systolic pressure of 120mmHg and a diastolic pressure of 80mmHg. Blood pressure lower than or equal to 120/80 is considered a 'good' blood pressure reading. For pre-diabetes or kidney disease, blood pressure lower than 130/80 is good.

Lower than 120/80 is ideal.

People with a blood pressure reading below 90/60mmHg are usually regarded as having low blood pressure. Naturally low blood pressure is unlikely to cause any symptoms and is normally nothing to worry about.

### **C. Do you have high blood pressure?**

If you have been diagnosed with a high blood pressure, you may be started on medicine(s) to lower your blood pressure and some tests may be done to look for the cause of your high blood pressure, its potential effects and risk factors for complications of high blood pressure.

#### **For Example:**

- A urine test: to make sure your kidneys are functioning normally
- A blood test: to check your cholesterol level, your sugar level (for diabetes), and your kidney function
- A heart tracing/ECG: to ensure your heart is not being strained due to the high blood pressure

## D. Blood pressure measures and what they mean

Type of blood pressure	Value (mmHg)	What should the value mean to you?
Normal	Less than 120/80	Even a small rise in either number increases risk for heart disease and stroke. Talk to your doctor if you have kidney disease or diabetes.
Pre-hypertension	120/80 - 140/90	May lead to higher blood pressure. Talk to your doctor.
High blood pressure (Hypertension)	140/90 and higher	You need treatment.

**120**

**Top Number (Systolic)** : Indicates the force used when your heart contracts and pumps blood.

**80**

**Bottom Number (Diastolic)**: Indicates the force used when your heart relaxes and fills with blood.



## E. What can you do to control your blood pressure?

High blood pressure can be controlled with medicines and everyday lifestyle changes.

### Take the following simple measures for controlling high blood pressure

#### a) Modifications to Lifestyle

Here are seven everyday steps to help control the blood pressure. Apart from helping control the blood pressure, they also help you create a healthy lifestyle. For best results, try to do as many as you can.

#### F. Get to a healthy weight if you need to:

- Reduce the amount of salt you eat
- Exercise regularly
- Eat a healthy diet
- Reduce the amount of alcohol, if you are drinking too much alcohol
- Cut down on your caffeine intake
- Stop smoking

#### b) Regularly take prescribed Medications

There are many types of blood pressure medicines. Some remove extra fluid and salt from the body to lower blood pressure. Others slow down the heartbeat and widen blood vessels.

#### Remember that:

You must take your medicine every day as directed by your doctor.

Even if you don't feel like the medicine is working, it is actually working.

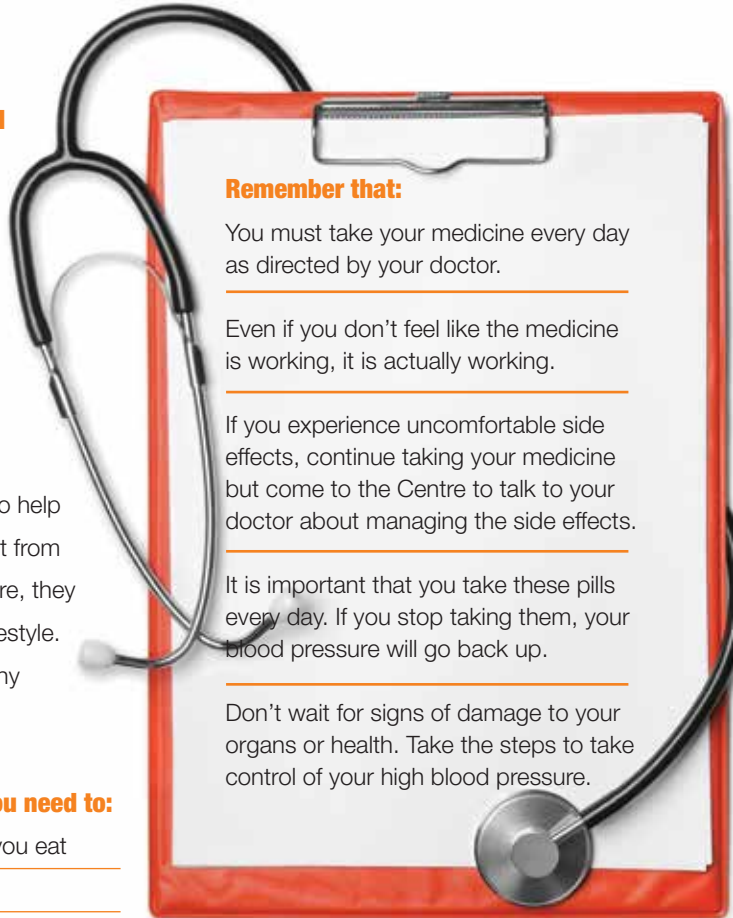
If you experience uncomfortable side effects, continue taking your medicine but come to the Centre to talk to your doctor about managing the side effects.

It is important that you take these pills every day. If you stop taking them, your blood pressure will go back up.

Don't wait for signs of damage to your organs or health. Take the steps to take control of your high blood pressure.

## G. Why is it important to check your blood pressure?

High blood pressure often doesn't have any symptoms. It is considered a silent condition. Over time, it can damage your heart and other organs. The only way to find out if you have it is to get your blood pressure checked. Having this done is easy and



could save your life. Talk with your doctor about how often to have your blood pressure checked.

Healthy adults aged over 35 should have their blood pressure checked at least once every five years.

If you are at an increased risk of high blood pressure, you should have your blood pressure checked more often, ideally once a year.

**You can ask for a blood pressure check at any of the HCL Centres – you don't have to wait to be offered one.**

## **H. Home testing**

Portable machines that measure your blood pressure at home or when you're travelling are a useful way of keeping an eye on your blood pressure (BP) readings.

You can buy a variety of low cost monitors to test your blood pressure at home or while you're travelling. Speak to one of our doctors for more detailed information about clinically approved blood pressure monitors that are available to buy. Try to take your blood pressure at the same time every day and preferably during your usual waking hours (between 08:00 and 22:00 hours).

**Before taking your blood pressure:**

**Avoid smoking, caffeine, or exercise for 30 minutes.**

**Sit down and relax for at least five minutes.**

**If you don't, your blood pressure result may not be true.**

**Use a properly sized cuff. An incorrectly fitting cuff may give false readings.**

**Speak to our doctors at HCL Centres on how to measure blood pressure at home. They will be happy to explain the technique of using the monitor at home.**



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