

Hypertension Management



Objetives

- Mention correctly the normal value recommended for blood pressure.
- Identify at least two steps to monitor blood pressure.
- Identify at least two measures to control blood pressure levels.
- Offer two examples of servings according to the DASH diet.

Pretest

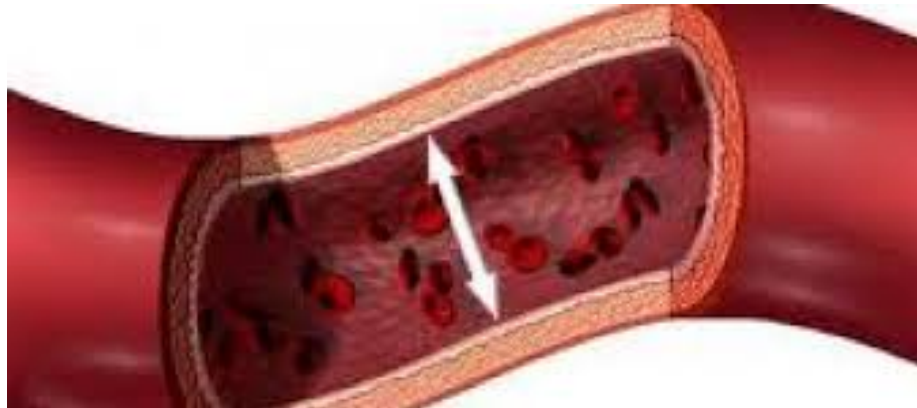
1. Hypertension is characterized by the force exerted by blood against:
 - a. Arteries walls
 - b. Lungs walls
2. Hypertension is considered when the blood pressure exceeds:
 - a. 120/80
 - b. 140/90

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3. For a person who is not hypertensive, what would be the recommended normal value? :
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4. Keeping track of your blood pressure helps you:
 - a. Do handwriting exercise for the hand
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What is blood pressure?

- Force exerted by the blood against the walls of the arteries every time the heart beats.



What is blood pressure?

- The recommended values are the following:
 - People with diabetes, hypertension or kidney disease— **Less than 120/80 mmHg**
 - People without hypertension — **110/70 mmHg**

Meaning:

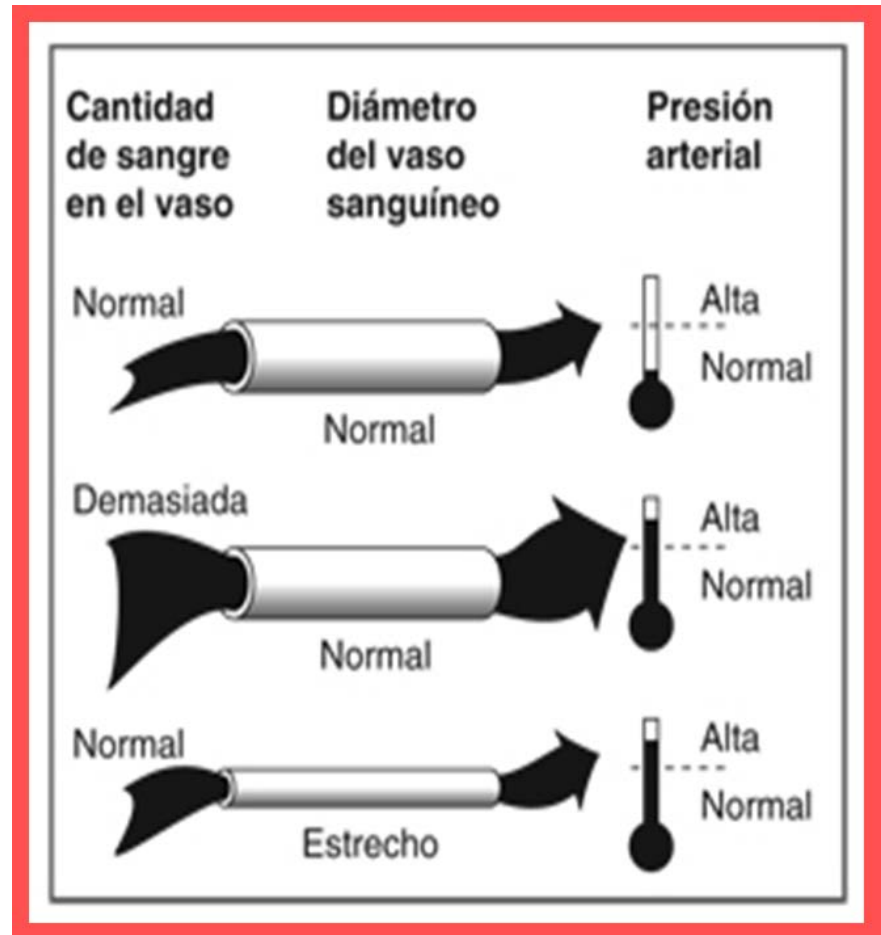
- 120 mmHg= systolic (when the heart contracts).
- 80 mmHg= diastolic (when the heart relaxes or is at rest between each beat).

Blood pressure Levels

Category	Sistolic mmHg (number above)	Diastolic mmHg (number below)
Normal	Less than 120	Less than 80
High	120 -129	Less than 80
Hypertension Stage I	130 - 139	80 - 99
Hypertension Stage II	140 o highest	90 o highest
Crisis Hipertensiva	Más alta de 180	Más alta de 120

What is hipertensión?

- Medical term to identify high blood pressure levels. In many cases it does not show symptoms until the organs have been damaged.



Symptoms

- Do not wait to feel bad to think that you have high blood pressure. Most of the time hypertension has no symptoms, but some people have reported:
 - Strong headache
 - Blurry vision
 - Chest pain

Risk Factors



Diabetes



**Family
History**



High fat and sodium diet



Overweight



**Lack of physical
activity**



Age



Smoking

Long-term complications

- **Stroke**– High blood pressure can cause blood vessels in the brain to break or become clogged more easily.
- **Heart Failure**– High blood pressure can cause the heart to enlarge and not supply blood to the body.
- **Vission loss**– High blood pressure can cause tension in the eye vessels.
- **Renal Failure** – High blood pressure can damage the arteries around the kidneys and reduce their ability to effectively filter blood.
- **Others**

How to achieve a younger heart?

- According with CDC, 2013, to achieve a younger heart, hypertension must be monitored, treated and controlled by complying with drug therapy.
- Also, you must make changes in order to perform 30 minutes of physical activity at least five times a week, quit smoking and control the consumption of salt and sodium in food.



Fuente: <http://www.cdc.gov/spanish/signosvital/EdadDelCorazon/index.html>.



10 minutes a day to control your blood pressure



- With 10 minutes a day, you can control your blood pressure level and reduce the risk of complications. Before starting your day:
 - ✓ Relax and stretch your muscles.
 - ✓ Go to the bathroom and discard urine before taking your blood pressure.
 - ✓ Monitor your blood pressure level.
 - ✓ Record the results in a record.
 - ✓ Take your medications at the indicated time.

Keep your levels adequate

At each medical visit it is important to evaluate your blood pressure levels. Ask your doctor what value is healthy for you and keep track of your results.



Adequate level

- 110/70 or less



People with diabetes or heart disease

- Less than 120/80

High level

- 130/ 80 or higher

Monitoring of blood pressure

- Take blood pressure in the same position, preferably in a chair with the arm supported, so that it is completely relaxed and there is no type of contraction.
- Take time to take the pressure, do not do it quickly and always at the same time.
- Keep a record of your levels and show it to your doctor. Ask him to compare your results with those that are taken in his office.



REGISTRO DIARIO DE TU PRESIÓN ARTERIAL

¡Mantén el control de tu presión arterial!

**Lleva un registro diario de las medidas de presión arterial y
compártelas con tu médico en cada visita.**

Es importante que éste evalúe los valores de tu presión para referencias de tu tratamiento.

NOMBRE DEL AFILIADO: _____

MÉDICO PRIMARIO: _____ TELÉFONO: _____

METAS DE PRESIÓN SISTÓLICA: _____ METAS DE PRESIÓN DIASTÓLICA: _____

LECTURAS DE PRESIÓN

FECHA	HORA	SISTÓLICA	DIASTÓLICA	PULSO	SÍNTOMAS

Medicines for a young heart

There are different types of medications. Your doctor will recommend which one (s) you should use.

- Among the most common are:
 - **Diuretics** – they help eliminate fluid and sodium from the body.
 - **Angiotensin-converting enzyme inhibitors (ACE)** –they block the enzyme that raises blood pressure.
 - Beta-blockers, calcium and vasodilators- they help relax and dilate blood vessels and reduce the pressure inside them.

Physical activity

To have a younger heart it is important to do some physical activity:

- Consult with your primary doctor before performing any type of physical activity.
- Usually, it is recommended to do at least 30 minutes of physical activity (CDC), at least 5 days a week.

Do not forget the cholesterol control?

- To maintain a young heart, your total cholesterol level should be less than 200mg / dL:
 - **LDL** (bad cholesterol) – less than 100mg/dL.
 - **HDL** (good cholesterol) – between 40-60mg/dL.
 - **Triglycerides** – less than 150mg/dL.



DASH Diet for your heart

“Dietary Approaches to Stop Hypertension” – helps control blood pressure, cholesterol levels and reduce the risk of heart disease.

It is recommended:

- Reduce the consumption of salt, saturated fats, cholesterol and total fat.
- Reduce red meats, sweets, added sugars and drinks that contain sugar.
- Increase the consumption of fruits, vegetables and non-fat or low-fat dairy products.
- Increase whole grains, fish, poultry and nuts.



FUENTES EXCESIVAS Y PROCESADAS

Evitar/Minimizar



100g de Jamon de pavo/pierna
600-1000mg de sodio



1 cucharada de soya
520mg de sodio



1 lata de atun en agua
400mg de sodio



1 agua saborizada 340mg de sodio
Bebidas deportivas: 420mg



Comida congelada y
Sopas instantaneas
600-1000mg de sodio



1/2 cucharadita de sal
1150mg de sodio

FUENTES NATURALES DE SODIO

Incluir



1 taza de remolacha
70mg de sodio



100g de pechuga de pollo
75mg de sodio



4 claras de huevo
219mg de sodio



1 taza de celeri
85mg de sodio



100g de camaron
150mg de sodio

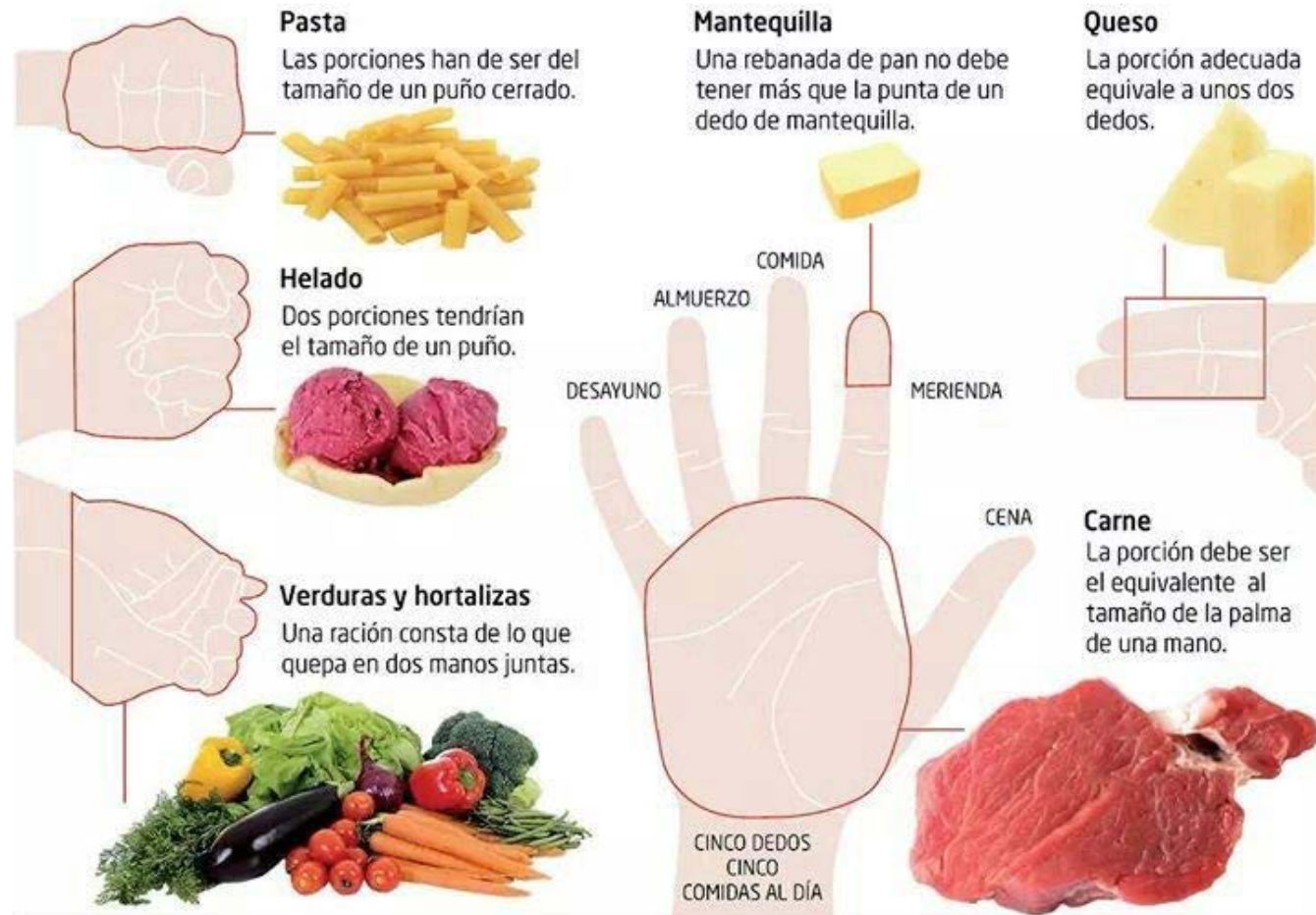


1 taza de espinaca cocida
148mg de sodio

EL SODIO

Porciones de alimentos

■ Las manos nos dicen cuánto



Reading labels

- Read the label to compare sodium between different brands of beverages and foods; choose those lower in sodium.
- Canned, packaged or frozen foods can have a particularly high sodium content.
- As a general rule :
 - 5% or less of sodium VD per serving is low.
 - 20% or more of sodium VD per serving is high.

Reading labels

Nutrition Facts

Serving Size 1 cup (239g)

Servings Per Container 2

Amount Per Serving

Calories 100

Calories from Fat 15

% Daily Value*

Total Fat 1.5g 2%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 15mg 5%

Sodium 870mg 36%

Total Carbohydrate 15g 5%

Dietary Fiber 1g 4%

Sugars 1g

**Empiece aquí:
Tamaño de la porción.**

Revise siempre el tamaño de la porción
y el número de raciones en el envase.

Si consume todo el envase,
¡usted está comiendo 2 raciones!

Busque por la cantidad de sodio.
¡Esta lata de sopa contiene mucho sodio!

Reading labels

Opción Baja en Sodio	
Nutrition Facts	
Serving Size (120g)	
Amount Per Serving	
Calories 280	Calories from Fat 35
% Daily Values*	
Total Fat 4g	6%
Saturated Fat 2g	10%
Trans Fat 0g	
Cholesterol 10mg	3%
Sodium 430mg	18%
Total Carbohydrate 47g	16%
Dietary Fiber 2g	8%
Sugars 5g	
Protein 11g	22%
*Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.	

VS.

Opción Alta en Sodio	
Nutrition Facts	
Serving Size (120g)	
Amount Per Serving	
Calories 320	Calories from Fat 90
% Daily Values*	
Total Fat 15g	23%
Saturated Fat 5g	25%
Trans Fat 0g	
Cholesterol 15mg	5%
Sodium 900mg	38%
Total Carbohydrate 45g	15%
Dietary Fiber 1g	4%
Sugars 3g	
Protein 12g	24%
*Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.	

Recommendations when consuming sodium

General Population:

- No more than **2,300** mg per day.
- Approximately 1 teaspoon of table salt.

Persons over 51 years old with:

- Hypertension
- Diabetes
- Renal Failure Disease

- Less than **1,500** mg per day.
- Low sodium is 140 mg or less per portion.



7 tips to reduce sodium in the diet

1. Prepare your own food whenever you can.
2. Season without adding salt or use low-sodium condiments.
3. Include garlic and natural spices in the foods you prepare to highlight the flavor of the foods.
4. Buy fresh or frozen food instead of canned.
5. Before consuming canned foods, rinse them to remove some of the sodium.
6. Reduce the size of your portions.



To maintain a young heart

- Identify your recommended blood pressure levels with your doctor.
- Monitor and keep track of blood pressure levels at your medical appointments.
- Follow the treatment as indicated by your doctor and do not interrupt or change without consulting.
- See what physical activity you can do.
- Take a balanced diet and low in sodium.
- Do your preventive tests every year.

Feeling good is priceless



To attract what we want to our life, we must take into consideration how we feel with our...

- Health**
- Relations**
- Belongings**
- Life**
- Ourselves**

Remember, feeling good is a reflection of good decisions in all areas of our lives.

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Correct Answers

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Where to look for help?

**Departamento de Salud
Mental Integrada**

Línea de Acceso al Afiliado

7 días a la semana, 24 horas al día

1-877-721-7722



MMM | PMC
Haciendo Contacto

For an immediate health consultation,
call

MMM: 1-866-677-7779 (free of charge)

PMC: 1-866-516-7704 (free of charge)

1-866-690-7771 TTY (audio-impaired)

References

2012 American Heart Association: *Blood Pressure tracker instructions*.

Recuperado de: http://www.heart.org/idc/groups/heart-public/@wcm/@hcm/documents/downloadable/ucm_305157.pdf

2013 CDC Million Hearts: *Self-Measured Blood Pressure Monitoring*. Actions steps for public Health practitioners. Recuperado de:

http://millionhearts.hhs.gov/Docs/MH_SMBP.pdf

2015 USA.gov. The Guide to Community Preventive Services. *Cardiovascular Disease Prevention and Control: Self-Measured Blood Pressure Monitoring Interventions for Improved Blood Pressure Control – When Combined with Additional Support* Recuperado de:

<http://www.thecommunityguide.org/cvd/SMBP-additional.htm>

2016 U.S. Food and Drug Administration El sodio en su dieta:

Use la Etiqueta de Información Nutricional y reduzca su consumo Recuperado de: <http://www.fda.gov/Food/ResourcesForYou/Consumers/ucm316876.htm>