

Prevent and Control High Blood Pressure: Mission Possible



▶ What every physician should know



High blood pressure: A force to be reckoned with

Are you aware that up to 50 percent of patients who begin antihypertensive therapy drop out of care within one year? What's more, 50 percent of those who remain in treatment take less than 80 percent of their medication.

Know your numbers

High blood pressure is called "the silent killer" because there often are no symptoms. Your numbers are often your only warning.

Optimal blood pressure

the pressure of blood in the vessels when the heart beats: **systolic pressure**

less than
120/80 mmHg

millimeters of mercury

the pressure between beats when the heart relaxes: **diastolic pressure**



High blood pressure
140/90 mmHg or higher

Prehypertension
between 120-139 and/or 80-89 mmHg

Optimal blood pressure
less than 120/80 mmHg

Enlist in this vital mission to save lives.



U.S. DEPARTMENT OF HEALTH AND HUMAN SERVICES
National Institutes of Health
National Heart, Lung, and Blood Institute



Increase patient adherence

Some simple things you can do to increase patient adherence to hypertensive medication:

- Provide simple, easy-to-follow written and oral instructions.
- Tailor instructions so they address patients' lifestyles, needs, and reasons for non-adherence.
- Address potential for adverse effects and tailor regimens to patients' concerns and needs.
- Try behavioral strategies, such as reminder systems, cues, self-monitoring, and feedback.

Increase patient knowledge

Talk to your patients about:

- Their blood pressure numbers and what they mean.
- Their risk of heart attack, stroke, congestive heart failure, diabetes, and kidney failure.
- The increased risks associated with high normal blood pressure.
- The value of even small changes in diet and physical activity in preventing and controlling high blood pressure.

Resources to help your patients



Your Guide to Lowering High Blood Pressure includes information on how to detect, prevent, and treat high blood pressure. Features the DASH diet, which has been shown to prevent and lower high blood pressure, and information specifically for women.

www.nhlbi.nih.gov/hbp/index.html

Aim for a Healthy Weight includes a BMI calculator, tips for shopping and preparing food, and a menu planner that is designed to guide daily food and meal choices based on 1 day's calorie allowance.

www.nhlbi.nih.gov/health/public/heart/obesity/lose_wt/index.htm

Live Healthier, Live Longer includes interactive materials for people with heart disease and those who want to prevent it.

www.nhlbi.nih.gov/chd/index.htm

General information and publications.

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