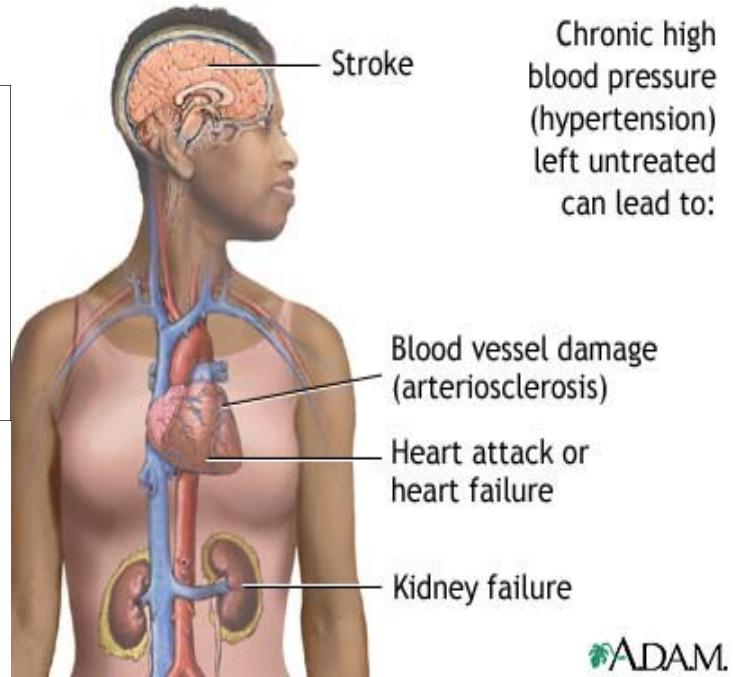# Hypertension: Are you at Risk?

Hypertension (HTN) is another word for high blood pressure. The cause of HTN is often unknown. Having HTN adds to the work load of your heart, and if untreated can contribute to a heart attack, kidney failure or stroke.

Anti-retroviral therapy (ART) does not increase your risk of high blood pressure. However, ART can lead to an increase in lipid levels and kidney disease. If you have high blood pressure, and are on ART it is important to keep your blood pressure under control.

- One in three US adults has hypertension.
- 28% of people with high blood pressure don't know it.
- Risk factors include:
  - -Weight
  - -Inactivity
  - -Age
  - -Gender/Race
  - -Smoking

Chronic high blood pressure (hypertension) left untreated can lead to:

- Stroke
- Blood vessel damage (arteriosclerosis)
- Heart attack or heart failure
- Kidney failure

ADAM.

Diet and exercise play a key role in the management of Hypertension (High Blood Pressure). The DASH Diet (Dietary Approaches to Stop Hypertension) focuses on fresh fruits & vegetables, whole grains, and low fat/low cholesterol protein sources. Foods that are high in potassium, magnesium, calcium, fiber, and low in sodium are very beneficial.

In general the DASH diet includes:

- 6-8 servings of whole grains: 1 slice of bread, small dinner roll, 1 oz dry cereal, 1/2 cup cooked pasta/rice.
- 4-5 servings of vegetables: 1 cup raw leafy vegetables, 1/2 cup chopped raw or cooked, 1/2 cup juice.
- 4-5 servings of fruit: 1 medium sized whole fruit, 1/2 cup fresh, frozen, or canned, 1/4 c dried, 1/2 c juice.
- 2-3 fat free/low fat milk and milk products: 1c milk or yogurt, 1 1/2 oz cheese
- Nuts, seeds and legumes 3-4 times a week: 1/3 or 1/2 oz of nuts, 2 T of peanut butter, 1/2 oz of legumes.
- Fats, oils and sweets: use sparingly.
- No more than 2,000 mg of Sodium a day. (read food labels)

Know Your Numbers

Blood Pressure Category	Systolic (mm Hg)		Diastolic (mm Hg)
Normal	less than 120	and	less than 80
Prehypertension	120–139	or	80–89
High Blood			
Stage 1	140–159	or	90–99
Stage 2	160 or higher	or	100 or higher

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