

Wellness Feature: About Blood Pressure

Understanding how common high blood pressure is

Blood pressure information is available from many, many sources. A few resources are available on this site under News and Research.

Even given a lot of available information, high blood pressure remains a huge problem in the country and the world.

About one in six Americans aged 20 years and over has elevated blood pressure and one in four has hypertension (National Health and Nutrition Examination Survey, 2001- 2004). Quarterly Fact Sheet from the National Center for Health Statistics

If you have normal blood pressure at age 55, there is a 90% change that you will have high blood pressure in your remaining life.

It remains a silent killer, doing its damage day after day.

Information to motivate you and to help you understand how it does its damage

Blood pressure readings are given to us one at a time. Rarely are we given two readings during one office visit. Rarely is there a discussion of how many times your blood pressure changes in a day. If your blood pressure is high, it would be nice to know how many times your body is put under stress and damage done.

If you had an average heart beat of 70 beats per minute, in 5 years you would have had 189,000,000 (189 million) changes in your pressure.

Every person who is 50 years old would have lived through over 1,000,000,000,000 (a billion) heart beats and changes in their high and low blood pressures. The numbers are mind boggling. (See heart beat table)

Would you take even 100 showers with water pressure too high? No.

If you have high blood pressure or if a family member does, find a way to get it under control. Work with your doctor or a wellness professional. It is important for your long term health.

High Blood Pressure: View common risk factors for Heart Disease, Stroke and Diabetes (Click Here)

Good News

The good news is that high blood pressure can be controlled.

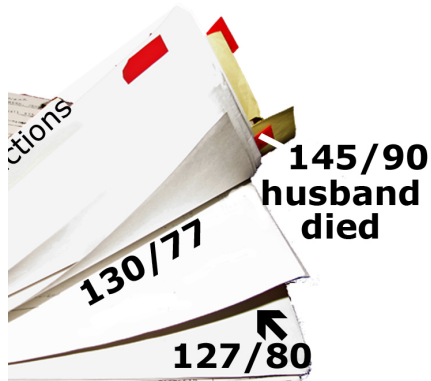
Better yet, it can be prevented.

Enlist in this vital mission for a healthier you.

<http://hp2010.nhlbihin.net/mission/partner/midlife.pdf>

Ways to not see or (better) see changes and trends in your blood pressure readings.

Pile of Paper Medical Records



----- Other pieces of paper in the pile -----

Patient <u> X </u> Date 5/23/00 Blood Pressure: 130/90 Comments	Patient <u> X </u> Date 8/7/00 Blood Pressure: 160/100 Comments	Patient <u> X </u> Date 12/11/00 Blood Pressure: 178/90 Comments	Patient <u> X </u> Date 1/11/00 Blood Pressure: 110/70 Comments
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Changes and Trends are hard to see in the pile.

A Computerized list is not much better.
The numbers are not working for you.
They are just bits of data.

Readings
127/ 60
130/ 77
145/ 90
130/ 90
160/100
178/ 90
110/ 70

COLOR CODING SCIENTIFIC GUIDELINES, IS MORE EFFECTIVE.

If the same reading are color coded in a *Visual Health Tool™*, changes and trends are easy to see with prompts for an Action Plan, if necessary. Note: always work with your doctor or wellness professional.

Adult Blood Pressure		Normal*	Before High*	HIGH*	HIGHER*
Date	Top Systolic / Bottom Diastolic	Less than 120 and Less than 80	120 – 139 or 80 - 89	140 – 159 or 90 - 99	160 or greater and 100 or greater
1/13/06	145 / 90				
5/23/06	130 / 90				
8/07/06	160 / 100				
12/11/06	178 / 90				

[↑ Create and Implement an Action Plan* ↑](#)

*Doctor/Wellness care with _____ Discuss and set your specific blood pressure goal with him or her.
 ***Joint National Committee Report #7 (JNC7) for adults, see footnotes. The U.S. unit of measure, mmHg, is left off for simplicity. This tool is provided for informational purposes only. It is not intended to provide medical advice or serve as a substitute for professional advice, medical diagnosis or treatment. Print: Blood Pressure. Copyright © 2009 by Visual Health Tools, LLC. All rights reserved.