

McLaren Print System Order

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 401 S. Ballenger Highway
 Flint, MI 48532

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let's talk about
High Blood Pressure and Stroke

What is high blood pressure (HBP)?
 High blood pressure means that the force of the blood pushing against the sides of your arteries is consistently in the high range. This can lead to stroke, heart attack, heart failure or kidney failure.

Two numbers represent blood pressure. The higher (top) number shows the pressure while the heart is beating. The lower (bottom) number shows the pressure when the heart is resting between beats. The systolic number is always listed first.

A blood pressure reading of less than 120 over 80 is considered normal for adults. A blood pressure reading equal to or higher than 140 over 90 is high. Blood pressure between 120-139/80-89 is considered "prehypertension" and requires lifestyle modifications to reduce the risk of cardiovascular disease.

How does high blood pressure increase stroke risk?
 High blood pressure is the single most important risk factor for stroke because it's the No. 1 cause of stroke. HBP adds to your heart's workload and damages your arteries and organs over time. Compared to people whose blood pressure is normal, people with HBP are more likely to have a stroke.

About 87 percent of strokes are caused by narrowed or clogged blood vessels in the brain that cut off the blood flow to brain cells. This is an ischemic stroke.

About 13 percent of strokes occur when a blood vessel ruptures in or near the brain. This is a hemorrhagic stroke. Chronic HBP or aging blood vessels are the main causes of this type of stroke.

Who is at higher risk?

- People with a family history of high blood pressure
- African Americans
- People 35 years or older
- People who are overweight or obese
- People who eat too much salt
- People who drink too much alcohol
- Women who use birth control pills
- People who aren't physically active
- Pregnant women