

# HYPERTENSION

*Blood pressure is the force of blood pushing against the walls of the arteries as the heart pumps blood. High blood pressure, called hypertension, happens when this force is too high.*

## CDC Facts of Hypertension:

- 70 million people have high blood pressure.
- 1 in 3 adults have high blood pressure.
- Nearly 1 and 3 people have prehypertension.
- Only approximately **52%** of Americans have their blood pressure under control.

**\$** High blood pressure costs the United States **\$46 billion** a year.

## Symptoms:

Often high blood pressure is associated with few or no symptoms. Many people have it for years without knowing. Typically, the only way to know you have it is to get your blood pressure tested.

Rarely, symptoms can include:

- Headaches
- Dizzy Spells
- Nose Bleeds

## Risk Factors:

Although high blood pressure is often symptomless, this does not mean it is harmless.

- Damage to arteries
- Stroke
- Heart Attack
- Other Cardiovascular Problems

## Hypertension Categories:

**Primary Hypertension:** Also known as essential hypertension, is high blood pressure that doesn't result from a specific cause, but instead, develops gradually over time. In many cases it is attributed to hereditary factors.

**Secondary Hypertension:** High blood pressure that is the direct result of a separate health condition or use of certain medications.

## Percent of People Affected by Hypertension:

CDC Blood Pressure Graph

Age	Men (%)	Women (%)
20-34	11.1	6.8
35-44	25.1	19.0
45-54	37.1	35.2
55-64	54.0	53.3
65-74	64.0	69.3
75+	66.7	78.5
All	34.1	32.7




**Prevention:**  
*Talk with your doctor*



**Healthy eating habits**



**Maintain a healthy weight**



**Regular exercise**



**Limit alcohol intake**



**Monitor your blood pressure**



**Routine physicals**

**Want to schedule an appointment?**

Log in at **patients.careatc.com** or call **800.993.8244**

Or use the CareATC mobile app! Search 'CareATC' in your Android or Apple app store. Download and log in using your patient portal username and password! Need help? Call 800.993.8244.

**Care**<sup>ATC</sup>