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## What is high blood pressure?

Arterial hypertension (AHT) is a chronic disease in which the force of the blood in the arterial walls is too high, which generates high levels of additional stress to the heart. When the heart contracts, the pressure generated in the arterial wall is known as systolic pressure, when the heart relaxes between beats the pressure in the arterial wall is called diastolic pressure. Normal blood pressure values are 120 systolic pressure /80 diastolic pressure. It has been determined that only 5% of the cases of this disease have to do with some type of cancer or kidney disease that forces the blood pressure to rise, while 95% have to do with lifestyle, which gives us the option to make decisions and avoid this dangerous silent enemy.

### Why is it important to avoid AHT?

The Lancet magazine points out that HTN is the first risk factor for death as it can lead to myocardial infarction, stroke, aneurysms or kidney disease.

### Who is most at risk of developing AHT?

People with an excessive consumption of sodium (processed foods, sausages, canned foods, fast foods), overweight or obese people, sedentary people, people with a diet high in saturated fats and cholesterol that promote the formation of atheromas in the arteries, which generates

pressure and danger of rupture of the artery. People who consume alcohol, women with prolonged estrogen therapy, since estrogen is a salt retaining agent.

### How do I know if I have AHT?

AHT is usually an asymptomatic disease, which makes it a much more dangerous silent enemy. The conclusive diagnosis of HTN is made through the use of a sphygmomanometer, if your systolic blood pressure frequently remains above 130 mm Hg and/or your diastolic pressure above 85 mm Hg, you suffer from high blood pressure.

### What can I do to prevent, treat and cure high blood pressure?

1. The main contributing factor to ETS is high salt intake, therefore, an excellent preventive and treatment strategy is to avoid its use in food preparation, remove table salt shakers, eliminate consumption of processed foods and street foods as they usually contain more salt than we use at home.
  2. Maintain an adequate body weight through a simpler diet based on fruits, vegetables, beans, whole grains, different types of nuts and incorporate daily exercise.
  3. Drink enough water, 8 glasses a day.
  4. Avoid alcohol
  5. Women in menopause stage, avoid prolonged estrogen therapy.
- You have a choice! Make these changes in your lifestyle and work hand in hand with your doctor and in just weeks you will be able to reverse your ETS.