

Hypertension aka “High Blood Pressure”

2 part of blood pressure:

Systolic or ‘top number’ – when heart is actively pumping blood

Diastolic or ‘bottom number’ – when heart is resting momentarily

How to check Blood pressure:

Home readings are more reliable than doctor’s office for your average BP

Check at pharmacy is fine, sit a few minutes before running the machine

Goal systolic blood pressure: _____

Goal diastolic blood pressure: _____

*These are when resting/average. Sometimes your pressure will be higher or lower than this. Sometimes your goal blood pressure can change and we will tell you.

Why care

- Kidney failure/ hemodialysis
- Heart attack
- Stroke
- Peripheral vascular disease
- Organ failure
- Heart failure

Treatments

- Kidney inhibitors: Lisinopril, losartan
- Water pills: HCTZ (hydrochlorothiazide), Lasix/furosemide, aldactone/spironolactone
- Beta blockers: coreg/carvedilol, metoprolol/Lopressor/Toprol XL
- Calcium channel blockers: amlodipine/norvasc
- Vasodilators: hydralazine, nitrates
- DIALYSIS