High Blood Pressure

High blood pressure, also called hypertension, is a chronic condition that increases the risk of heart disease or other serious health problems. It is common, affecting about 30% of the American adult population. Hypertension is a major risk factor for coronary artery disease, stroke, and heart failure.

Javier’s genetic result is associated with an increased likelihood of developing high blood pressure.

Ways to take action

The good news is that hypertension is treatable. By working with your healthcare provider, you can lower your blood pressure and reduce your risk of serious heart and kidney problems.

- Become more active
- Eat a healthy diet
- Avoid smoking and use alcohol in moderation
- Lose weight if you are overweight
- Live a stress-free lifestyle

About high blood pressure

**What is high blood pressure?**

High blood pressure is a condition where the force of blood against the walls of your arteries is consistently too high. This can lead to heart disease or kidney disease. Blood pressure is measured in millimeters of mercury (mm Hg).

**Blood pressure categories**

- Normal: less than 120 mm Hg systolic and less than 80 mm Hg diastolic
- Elevated: 120 to 129 mm Hg systolic and less than 80 mm Hg diastolic
- Stage 1: 130 to 159 mm Hg systolic and 80 to 90 mm Hg diastolic
- Stage 2: 160 mm Hg systolic or higher, and 90 mm Hg diastolic or higher

**Other factors that can increase your chance of developing hypertension**

- Age (high blood pressure occurs more commonly in older adults)
- Family history of high blood pressure
- Being overweight or obese
- Smoking cigarettes or tobacco
- Drinking too much alcohol
- Diet high in salt and sodium

**How can I reduce my blood pressure?**

- Losing weight
- Eating a healthy diet
- Exercising regularly
- Quitting smoking
- Limiting alcohol intake
- Reducing stress

**How to monitor your blood pressure**

- Have your blood pressure checked regularly
- Keep a record of your blood pressure readings

**How to reduce your blood pressure**

- Take medications as prescribed
- Follow a healthy lifestyle
- Stay informed and proactive about your health

**What can I do to lower my blood pressure?**

- Lose weight if you are overweight
- Eat a heart-healthy diet
- Exercise regularly
- Manage stress
- Stop smoking
- Limit alcohol intake

**Support and resources**

- American Heart Association
- Centers for Disease Control and Prevention
- National Institutes of Health

**For more information,**

Visit the American Heart Association’s website for more information on high blood pressure and how to manage it.

**References**


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