High Blood Pressure

High blood pressure makes you more at risk of heart attack and stroke, even on the scale of normal blood pressure, which can cause heart disease, stroke, and other health problems.

Jamil, your genetic result is associated with a typical/likelyhood of developing high blood pressure.

If you would like to read more about this, please click the following button.

---

Ways to take action

Your own medical history and family history may have indicated that you are more likely to have the disease.

- **Take the test**: Blood pressure, healthy diet, etc.
- **Take the steps**: Healthy lifestyle
- **Take the medicine**: Healthcare
- **Limit your salt consumption**: Reduce salt intake

There are a number of actions you can take to lower your risk of high blood pressure. The following are some of the steps you can take:

1. **Eat a healthy diet**: Include plenty of fruits, vegetables, and whole grains in your diet.
2. **Exercise regularly**: Aim for at least 30 minutes of moderate exercise most days of the week.
3. **Maintain a healthy weight**: Losing even a small amount of weight can help lower your blood pressure.
4. **Limit alcohol intake**: Moderate drinking may be safe, but too much alcohol can raise blood pressure.
5. **Stop smoking**: If you smoke or use tobacco products, quitting can help lower your blood pressure.

About high blood pressure

**What is high blood pressure?**

In high blood pressure measurements, a reading of 140/90 mm Hg or higher is considered high blood pressure. A reading of 120/80 mm Hg or lower is considered ideal blood pressure. A reading of 120/80 mm Hg to 139/89 mm Hg is considered as high-normal blood pressure. Blood pressure is measured by doctors and on the basis of a previous diagnosis of high blood pressure.

**How does high blood pressure impact your health?**

High blood pressure can damage your blood vessels and lead to serious health problems. It increases the risk of developing heart disease, kidney disease, and stroke. It can also cause complications such as heart attack, stroke, and heart failure.

Other factors that can increase your chance of developing high blood pressure

- **Age and gender**: People over 50 are more likely to have high blood pressure.
- **Physical activity**: Regular exercise can help lower blood pressure.
- **Smoking**: Smoking increases blood pressure.
- **Obesity**: Excess body weight can cause high blood pressure.
- **Diet**: A diet high in salt and saturated fat can lead to high blood pressure.
- **Genetics**: Having a family history of high blood pressure increases the risk of developing it.

Keep in mind

Your report doesn’t target a specific age. If you are 65 years old, your report gives you a personal risk.

**Method**

The risk assessment is based on the analysis of your genetic information and related genetic factors. The report is generated based on the latest scientific evidence and guidelines from reputable organizations and experts in the field.

**About the report**

Your risk assessment is based on the analysis of your genetic information and related genetic factors. The report is generated based on the latest scientific evidence and guidelines from reputable organizations and experts in the field.

Scientific validity across selections

- **Your report’s validity**: Your report is based on the latest scientific evidence and guidelines from reputable organizations and experts in the field.
- **Your report’s reliability**: Your report is based on the latest scientific evidence and guidelines from reputable organizations and experts in the field.
- **Your report’s accuracy**: Your report is based on the latest scientific evidence and guidelines from reputable organizations and experts in the field.

**How does your report guide you?**

**Your report helps you understand your risk of developing high blood pressure.**

**Your report guides you in making lifestyle changes**

**Your report provides personalized recommendations**

**Your report includes tips on how to improve your diet and exercise routine**

**Your report offers guidance on how to deal with stress and other lifestyle factors**

**Your report includes tips on how to manage your high blood pressure**

**Your report helps you make informed decisions about your health**

**Your report provides guidance on how to reduce your risk of high blood pressure**

**Your report includes resources for further learning and support**

---

If you would like to read more about this, please click the following button.