FCS8599-Eng

UNIVERSITY OF FLORIDA
IFAS EXTENSION

Healthy Living for Elders:
High Blood Pressure[1]

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ENAFS
Elder Nutrition and Food Safety

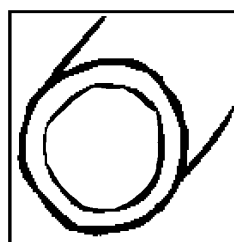## What is high blood pressure?

High blood pressure is increased pressure of blood on the blood vessels. This creates more work for the heart. Another name for high blood pressure is hypertension. About 50 million Americans may have hypertension. Many are not even aware they have a problem.

Hypertension can cause:

♦ Atherosclerosis (narrowing and hardening of blood vessels)
♦ Heart attack
♦ Stroke
♦ Kidney failure
♦ Damage to the eyes

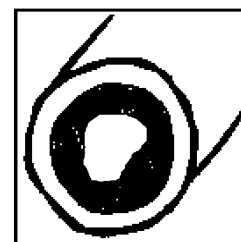## Am I at risk?

You are at higher risk of developing hypertension if you:

♦ are African American
♦ are a man
♦ are 45 years of age or older
♦ eat a high salt diet
♦ are overweight
♦ had a parent with hypertension
♦ drink large amounts of alcohol
♦ are not physically active

Take A Closer Look:

Healthy Artery

Artery with Atherosclerosis

Blood flows freely.

Blood flows under higher pressure.
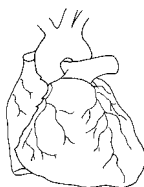
Check Your Blood Pressure:

Regular blood pressure check-ups help your doctor detect or monitor hypertension. Have your blood pressure checked by a health professional at least once a year. The ENAFS "Keep Track of Your Blood Pressure" log can help you monitor your blood pressure in between doctors visits.