



OUR PATIENTS
COME FIRST

Happy New Year!

Outreach of the Month: Hypertension (HTN)

Information for Your Patients

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Outreach topic of the month:
Hypertension (HTN)/ Flu Vaccines

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WHAT DOES IT MEAN TO HAVE A BLOOD PRESSURE?

- Blood pressure is a measure of the pressure on the inside of the artery walls, generated during the contraction and relaxation of the ventricles. When the ventricles contract to force blood out into the arteries, systolic pressure (the top number) is recorded. Diastolic pressure is the (bottom number), recorded when the ventricles are relaxed and filling with blood from the atria.

WHAT IS HIGH BLOOD PRESSURE (HBP)/HTN?

- Hypertension (HTN) is a disease. Over time, if the force of the blood flow is often high, the tissue that makes up the walls of arteries gets stretched beyond its healthy limit and damage occurs.
- Blood pressure is usually recorded as a ratio: Systolic/Diastolic 120/80. The two numbers indicate the amount of force pushing against the artery walls when the heart is contracting and when the heart is at rest.

How do I know I have HBP/HTN?

- HBP is largely a symptomless condition, which is why it has been named the “Silent Killer”.
- A person in hypertensive crisis may experience:
 1. Systolic of 180 or higher OR diastolic of 110 or higher
 2. Severe headaches and anxiety
 3. Shortness of breath & nosebleeds

FLU REMINDER: Don't Get Caught! Get The Shot!

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