

# Outreach of the Month: Hypertension (continued)

Information for Your Patients

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topic:  
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## RISK FACTORS associated with HYPERTENSION

- **Age:** risk of high blood pressure increases as you age
  - Men are more likely to develop high blood pressure around age 45 s
  - Women are more likely to develop high blood pressure after age 65
- **Race:** high blood pressure is particularly common among African Americans, often developing at an earlier age than it does in Caucasians
- Family history
- Being overweight or obese
- Not being physically active
- Using tobacco
- Too much salt (sodium) in your diet
- Too little potassium in your diet
- Too little vitamin D in your diet
- Drinking too much alcohol
- Stress
- Certain chronic conditions: kidney disease, diabetes and sleep apnea

## COMPLICATIONS related to HYPERTENSION

- Damage to the heart and coronary arteries, including heart attack, heart disease, congestive heart failure, aortic dissection and atherosclerosis (fatty buildups in the arteries that cause them to harden)
- Stroke
- Kidney damage
- Vision loss
- Erectile dysfunction
- Memory loss
- Fluid in the lungs
- Angina
- Peripheral artery disease

**FLU REMINDER:** The Flu Vaccine is Your Best Defense.

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