

How to Avoid a Broken Heart

Importance of Blood Pressure Control
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Blood Pressure

Systolic
 120 / 80
 Diastolic



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What is a Normal Blood Pressure?

Traditionally, a normal BP is below 120/80, but like everything, there is a range of normals. Depending on the medical problems of the person, we would want a person's blood pressure to be 120/80 or much lower if they have significant risk factors

High Blood Pressure= Hypertension (HTN)



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Symptoms of High Blood Pressure

Nothing



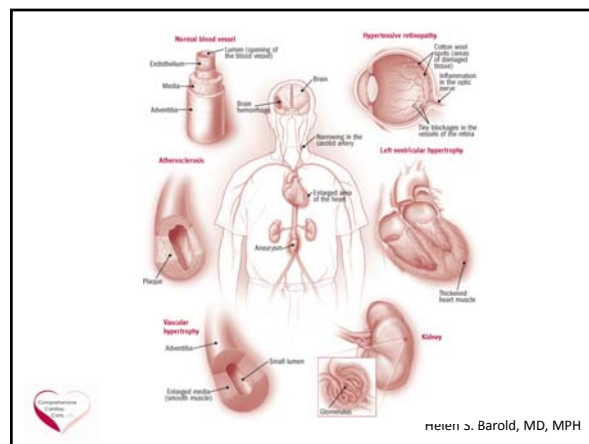
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Risks of High Blood Pressure

- STROKE
- HEART ATTACK
- Congestive Heart Failure
- Heart Damage
- Kidney Damage



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Myths about High Blood Pressure

- If your BP is high you have a headache
- My BP is only high when I see the doctor
- Once my BP is lower I can stop my medicine
- I never had high blood pressure before- so it can't be right
- It's just the stress and the caffeine



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Treatment for High Blood Pressure

- Regular Exercise and a Healthy Diet
- STOP SMOKING
- Medications- MANY different types
 - Diuretics
 - Beta-Blockers
 - Calcium Channel Blockers
 - ACE inhibitors, ARBs
- Often need more than one medication



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Health Diet

Follow the DASH diet to potentially lower your blood pressure.



ADAM

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Warning Signs for a Heart Attack

- Chest Discomfort
 - Upper Body, Neck, Jaw, Arm
 - Pressure, heaviness, squeezing, pain
- Nausea and Vomiting
- Sweaty
- You can have all or none of these

CALL 911 IF YOU THINK YOU ARE HAVING A HEART ATTACK



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Warning Signs for a Stroke

- Sudden numbness or weakness of the face, arm or leg, especially on one side of the body
- Sudden confusion, trouble speaking or understanding
- Sudden trouble seeing in one or both eyes
- Sudden trouble walking, dizziness, loss of balance or coordination
- Sudden, severe headache with no known cause



Call 911 if you think you are having a stroke

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Recommendations

- See Your Doctor
- If you smoke- STOP
- Regular Exercise
- Heart Healthy Diet
 - Low sodium
 - Low Cholesterol- NO TRANS FATS
- Regular BP checks
- Cholesterol levels



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