

What Are They?

High blood pressure or hypertension is when the force of blood pushing against your artery walls is consistently too high. This damages your arteries over time and can lead to serious complications like heart attack and stroke.

Cholesterol is a waxy substance found in your blood. With high levels of cholesterol you can develop fatty deposits in your blood vessels. As these deposits grow, they make it difficult for enough blood to flow through your arteries.

Both high blood pressure and high cholesterol are leading causes of heart disease and put you at increased risk for stroke, heart attack, and other problems.

Risk Factors

Many things can contribute to high cholesterol and/or high blood pressure. Causes include:

- Poor Diet
- Obesity
- Lack of physical activity exercise
- Tobacco/nicotine use
- Age
- Genetics
- Having certain medical conditions or taking medicines for these conditions including:
 - chronic kidney disease
 - obstructive sleep apnea
 - thyroid disease

**IF YOU OR SOMEONE
YOU KNOW
IS SHOWING
SYMPTOMS OF A
HEART ATTACK OR
STROKE, DON'T
HESITATE, CALL 9-1-1!
EVERY SECOND
COUNTS!!**

RESOURCES

American Heart Association

www.heart.org

Centers for Disease Control and Prevention

www.cdc.gov/heartdisease/index.htm

BLOOD PRESSURE AND CHOLESTEROL: SILENT KILLERS



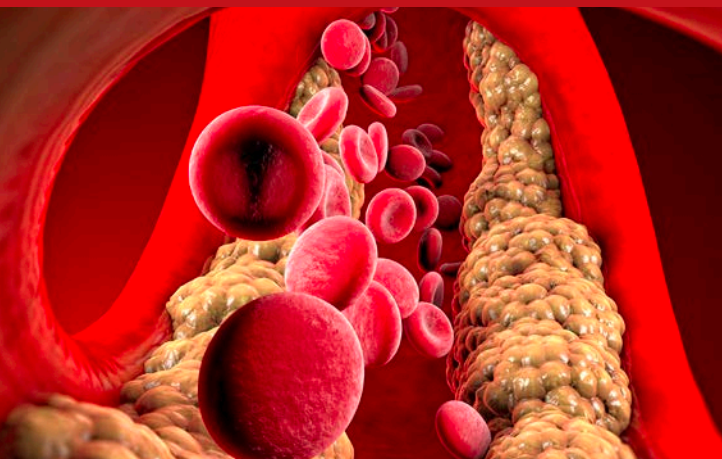
**HEALTHY
DIRECTIONS**

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**HEALTHY
DIRECTIONS**



What Are The Symptoms?

Usually high blood pressure (hypertension) has no symptoms and can be dangerous if not treated. So, checkups are crucial. At 180/120 or higher, you may experience symptoms like headaches, heart palpitations, or nosebleeds. This requires immediate medical care.

Like hypertension, high cholesterol does not present symptoms in most people and early on you feel normal. After a while, plaque buildup (made of cholesterol and fats) can slow down or stop blood flow to your heart or brain. The symptoms of this can include chest pain with exertion, jaw pain, and shortness of breath.

Symptoms of a heart attack include: severe chest pain, flushing, nausea, and difficulty breathing. Symptoms of a stroke include: trouble speaking, understanding what others are saying, numbness, weakness, paralysis in the face; arm; or leg, problems seeing out of one or both eyes, headache, and trouble walking.

Understand Your Numbers

Your blood pressure reading has two numbers:

- The top number is the systolic blood pressure, the pressure on your artery walls when your heart beats or contracts.
- The bottom number is the diastolic blood

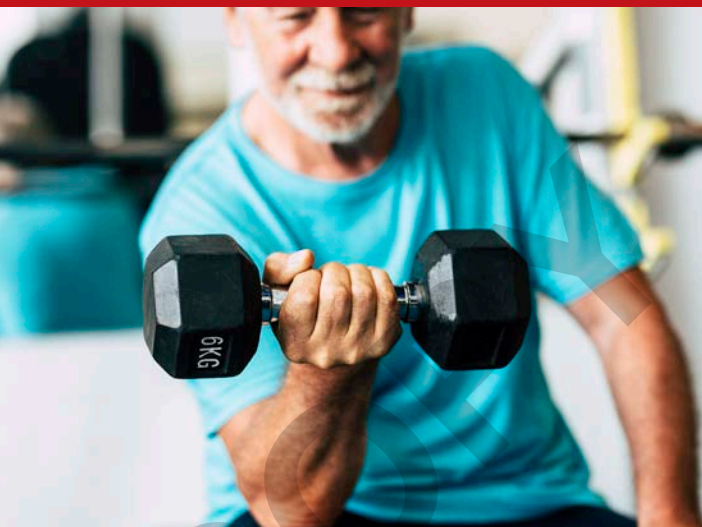
pressure, the pressure on your artery walls between beats when your heart is relaxing.

- A top number of at least 130, and/or a bottom number (diastolic blood pressure) of at least 80 means you have high blood pressure.
- It is desirable for your total cholesterol to be below 200. 200-239 is borderline high. 240 and above is high.
- Your LDL (bad cholesterol) count should be below 100 if you are at risk of coronary artery disease and below 130 if you are not.
- It is best if your HDL (good cholesterol) count is 60 and above.
- Your triglycerides should be below 150, while anything 200 and above is considered high.
- Your total blood cholesterol is calculated by adding your HDL and LDL cholesterol levels, plus 20% of your triglyceride level.

Prevention

To help prevent these potentially deadly conditions, you can:

- Eat a low-salt diet that emphasizes fruits, vegetables and whole grains.
- Limit the amount of animal fats and use good fats in moderation.



- Lose extra pounds and maintain a healthy weight.
- Quit smoking.
- Exercise 3 days a the week for at least 30 minutes.
- Drink alcohol in moderation, if at all.
- Manage stress.

Treatment

Lifestyle changes such as exercising and eating a healthy diet are the first step in treating high cholesterol and high blood pressure. But, if you’ve made these important lifestyle changes and your levels remain high, your doctor might recommend medication. The choice of medication or combination of medications depends on various factors.

Common medications for high cholesterol:

- Statins block a substance your liver needs to make cholesterol.
- Cholesterol absorption inhibitors help reduce blood cholesterol by limiting the absorption of dietary cholesterol.
- Bempedoic acid works in much the same way as statins but is less likely to cause muscle pain.

Common medications for high blood pressure:

- ACE inhibitors and ARBs keep your blood vessels from narrowing.
- Calcium channel blockers prevent calcium from entering the muscle cells of your heart and blood vessels, allowing these vessels to relax.
- Diuretics (water or fluid pills) flush excess sodium from your body.

By The Numbers

- High blood pressure affects 47% of adults in the U.S., about 116 million people, and causes or contributes to nearly 700,000 deaths per year.
- Nearly half of adults who have hypertension don’t realize it.
- Heart disease is the leading cause of death in America.
- Almost 2 in 5 adults have high cholesterol.

