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# HBP/Hypertension Basics

## What is it?

High blood pressure, is also known as Hypertension, is a condition in which the blood vessels have persistently raised pressure. Blood is carried from the heart to all parts of the body in the vessels.

**Normal.** *Systolic less than 120 mm Hg and diastolic less than 80 mm Hg.* (120 over 80) No treatment is necessary.

**Prehypertension:** *Systolic between 120 and 139 mm Hg or a diastolic between 80 and 89 mm Hg.* Management includes the lifestyle change measures. (Diet and exercise)

**Stage 1:** *Systolic between 140 and 159 mm Hg or diastolic 90 and 99 mm Hg.* Management includes the same lifestyle measures as with prehypertension and the use prescription medication.

**Stage 2:** *Systolic 160 mm Hg or higher or diastolic 100 mm Hg or higher.* In addition to lifestyle changes, it's recommended that a two-drug therapy is used.

**Symptoms include:** Headache, vision changes, and chest pain, but many can have hypertension with no symptoms at all.

**Risk increases with age because the walls of our arteries become harder.**

## Treatments

The first step to getting your blood pressure under 140/90 if under 60 and 150/90 if over 60, is diet and exercise. *Decrease your salt intake and eat more fruits and veggies.* You can try the Dashdiet.com to help with lowering your salt intake. You should also *get 30-60 minutes of moderate activity on average of 4 days a week.*

There are several medications and depending on your condition's severity, your provider will help you determine if and how much is needed. If you are on HBP medication you should have a blood test done once a year.

If you experience symptoms of low blood pressure, lightheaded and dizzy when standing, take a seat and regain your composure. If this continues work with your provider to realign your medication.

**MEMBERS: As always, your provider is just a phone call or text message away. It's better to be safe than sorry. Reach out if you are worried or if this protocol isn't helping.**