
Common Risk Factors and Aggravating Conditions:

- Age over 60
- Obesity
- Smoking
- Stress
- Diets high in salt or saturated fats
- Family history of high blood pressure

Expected Outcomes:

The complications of this disease can be mild or serious, depending on its severity.

- With treatment: Complications can be prevented.
- Without treatment: Increased risk of heart attack, stroke,

- Headache
- Drowsiness
- Dizziness and confusion
- Tingling or numbness in the hands and feet
- Nosebleeds
- Severe shortness of breath

Common Causes:

The exact cause is usually unknown, but certain diseases may lead to high blood pressure, such as:

- Hardening of the arteries (Atherosclerosis)
- Chronic kidney disease
- Narrowing of the aorta
- Disorders of some endocrine glands



Patient Education: High Blood Pressure (Hypertension)

Disease Description:

High blood pressure (hypertension) is an increase in the pressure exerted by blood flow on the walls of blood vessels. This disease usually shows no symptoms until it reaches advanced stages. In individuals with normal blood pressure, stress and physical activity can raise blood pressure temporarily. However, a person with hypertension has elevated blood pressure even at rest.

Common Symptoms:

Depending on the severity of the disease, the following symptoms may appear:

- Exercise at least 3 times a week.
- Regular physical activity helps reduce stress and maintain a healthy weight.
- Walking and light exercise are beneficial.

Self-Care Tips:

Blood Pressure (in mmHg):

- Normal: Systolic 120–129 / Diastolic 80–84
- High-Normal: Systolic 130–139 / Diastolic 85–89
- High BP: 140/90 or higher
- For diabetics or kidney disease patients: 135/85 or higher

Treatment Goal:

- Bring BP below 140/90 for the general population

- Weight management
- Quitting smoking
- Stress reduction
- Regular exercise
- Lifestyle modifications

You should learn how to check your own blood pressure and monitor it daily. Regular medical checkups are essential.

Medications:

If lifestyle changes are not enough, antihypertensive medications may be prescribed to lower your blood pressure.

Physical Activity Guidelines:

People with high blood pressure should adjust their activity levels accordingly.

kidney failure, and other issues.

Possible Complications if Left Untreated:

- Heart attack or failure
- Stroke
- Congestive heart failure and pulmonary edema
- Kidney failure
- Vision problems

Diagnosis and Treatment:

To diagnose high blood pressure, the following are typically done:

- Blood pressure measurements
- Blood tests
- Electrocardiogram (ECG)

Treatment goals depend on individual characteristics and may include:

- Make sure your diet includes enough potassium and calcium.
- Consider buying a home blood pressure monitor.

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Sources:

- Brunner & Suddarth's Textbook of Medical-Surgical Nursing, 2022
- Parsa Family Health Self-Care Guide, Translator: Navid Sharifi, 2016
- Website: www.nhs.com

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For Questions Call: 044-31996362

- Below 130/85 for people with diabetes or kidney disease

Additional Self-Care Advice:

- If you smoke, quitting is critical.
- If overweight, losing just 10% of your weight significantly lowers BP.
- Start exercising gradually.
- Avoid cold or allergy medications with decongestants.
- Ask a pharmacist if you're unsure about medications.
- Learn relaxation techniques. Take short breaks for relaxation once or twice daily.
- Reduce salt in your diet. Don't place a salt shaker on the table.
- Don't miss any doses of your prescribed medication.





