

High Blood Pressure (BP) (Hypertension)

- Blood Pressure (BP) checked regularly
- Eat low salt food and fluids low in salt

- Take medication(s) if prescribed
- Manage stress

Green Flags — All Clear

What this means ...



If You Have:

- BP _____ to _____
- Take medication(s) if prescribed by your doctor
- Eat a healthy diet, and limit salt intake

- Good work!

Yellow Flags — Caution

What this means ...



If:

- Your BP is higher than _____
- You are less alert or feel sleepy
- Falling
- Have lightheadedness
- Nosebleeds
- Less urine production
- Short of breath when moving
- Feet or leg swelling

BP is NOT under control. You may need medication(s) or a medication change.

Call your healthcare provider!

Name: _____

Phone #: _____

Red Flags — Stop and Think

What this means ...



If:

- Severe lightheadedness and fall with injury.
- Fatigue or confusion
- Trouble seeing in one or both eyes
- Difficulty breathing
- Irregular heartbeat
- Pounding in your chest, neck, or ears
- Blood in your urine
- BP is: _____

You need to see a healthcare provider right away.

Notify your healthcare provider's office.

Name: _____

Phone #: _____

If sudden severe headache, numbness in arm, leg, or face, slurred speech, or severe chest pain.

Call 911

High Blood Pressure Facts

- **You can have high blood pressure without having symptoms!**
It is important to get your blood pressure checked regularly.
- What is blood pressure? It is the pressure of blood that pushes against your arteries, which carry blood from your heart to other parts of our body.
- Blood pressure normally rises and falls throughout the day, but when the pressure stays high for a long time, it can damage your heart and cause other health problems.
- Some risk factors include unhealthy eating, eating too much salt (sodium) drinking too much alcohol, inactivity, and stress and these can be modified or changed. Other risk factors such as age, family history, genetics, race, ethnicity, and sex cannot be changed.
- Untreated high blood pressure can lead to serious diseases, including stroke, heart disease, kidney failure, and eye problems.
- High blood pressure can impact the 4 M's (mentation, medications, mobility, and what matters) related to your treatments and emergency medical interventions.

What Can You Do?

- Know your medications and take medications as prescribed, particularly those for high blood pressure.
- Check your blood pressure and know your goal range. Keep a record and discuss with your health care provider.
- Limit salt intake. Consider using herbs and spices in place of salt.
- If you smoke, consider quitting and avoid second-hand smoke.
- Limit alcohol intake.
- Eat meals that are low in fat, and eat more foods with fiber, such as whole grains, fresh fruits and vegetables.
- Stay as active as possible. Consider walking, gentle stretches. Always talk with your health care provider about the type of exercise that is best for you.
- Put your wishes/desires for treatment in writing, whether you have an ongoing or acute health issue.

Aging and Disability Services

Aging and Disability Services (ADS)—the Area Agency on Aging for King County— plans, coordinates, and advocates for comprehensive services for older adults, family caregivers, and people with disabilities throughout Seattle and King County.

For more information, call 1-844-348-5464 or e-mail info@communitylivingconnections.org



Aging and Disability Services
700 Fifth Avenue, 51st Floor • PO Box 34215
Seattle, WA 98124-4215
Tel: 206-684-0660 • TTY: 206- 684-0702
aginginfo@seattle.gov

www.agingkingcounty.org