



## **Hypertension Management Program**

Blood pressure is the force of the blood pumped from the heart against the blood vessels. This force makes blood flow possible, delivering nutrients and oxygen to organs and tissues throughout the body. Hypertension (or high blood pressure) occurs when there is too much pressure in your blood vessels. This can damage your blood vessels and cause health problems. Anyone can develop high blood pressure, but it becomes more common as you get older.

Hypertension is the leading preventable cause of death and disability around the world, and can lead to heart disease, stroke, kidney disease and dementia. Over 7.5 million Canadians have hypertension, and 7.4 million more have high blood pressure that will lead to hypertension without preventative action.

What Do Your Blood Pressure Numbers Mean? Knowing your numbers is the first step to keep or achieve healthy blood pressure. Blood pressure is measured with two numbers: systolic (the higher number) and diastolic (the lower number). Systolic pressure occurs when your heart contracts and Diastolic pressure occurs when your heart relaxes and fills with blood. Your blood pressure should be less than 140/90. If you have diabetes, you are more likely to have high blood pressure. Your blood pressure should be less than 130/80.

Make sure that the Home Blood Pressure Monitor you are using or purchasing is “Recommended by Hypertension Canada”. The device will have the following logo on the box and/or in material supplied with the device:



What can I do? There are several things you can do to help manage your blood pressure which include: eating a healthy diet, limiting salt intake, maintaining a healthy lifestyle, managing stress levels, limiting alcohol consumption and refraining from smoking.

At the North Renfrew Family Health Team (NRFHT), we are participating in a blood pressure management program. Participation is voluntary. If you are a patient at the NRFHT and interested in a blood pressure screening, you can schedule an appointment in our Hypertension Management Program. Our program is run by a Registered Practical Nurse (RPN) every Tuesday. We will assess your blood pressure and collaborate with you and your health care team to help you get great blood pressure control.

Call 613-584-1037 to book an appointment with our Hypertension Management Team.

For more information, please visit [hypertension.ca](http://hypertension.ca)