

LIVING WITH HYPERTENSION

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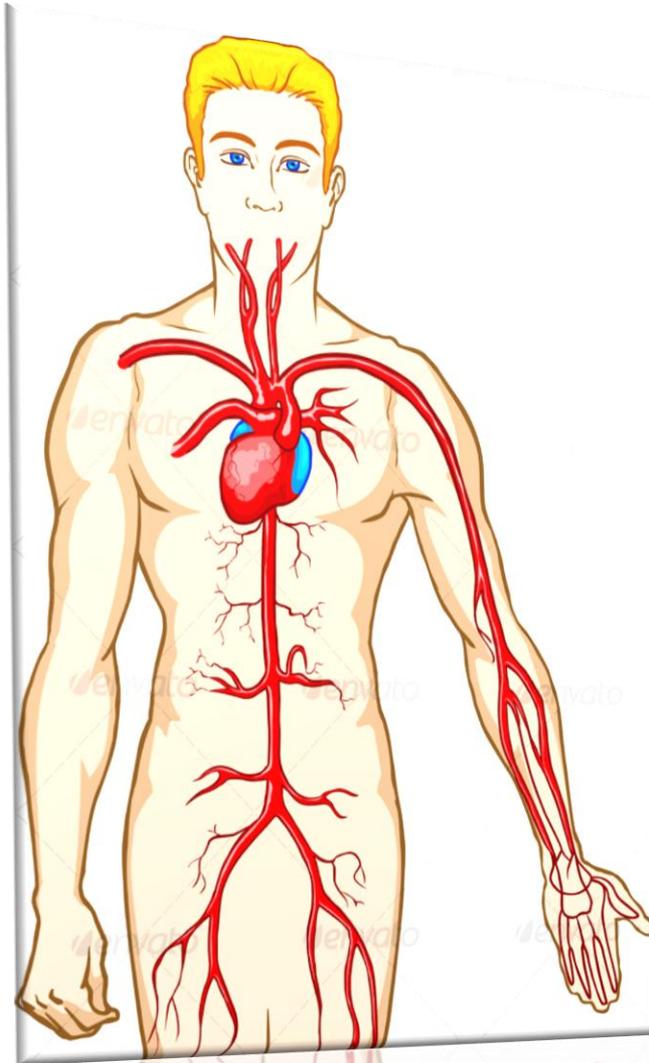
World Hypertension Day 2015

**Ikoyi Baptist Church,
Ikoyi.**

17th May 2015



HEART DISEASES



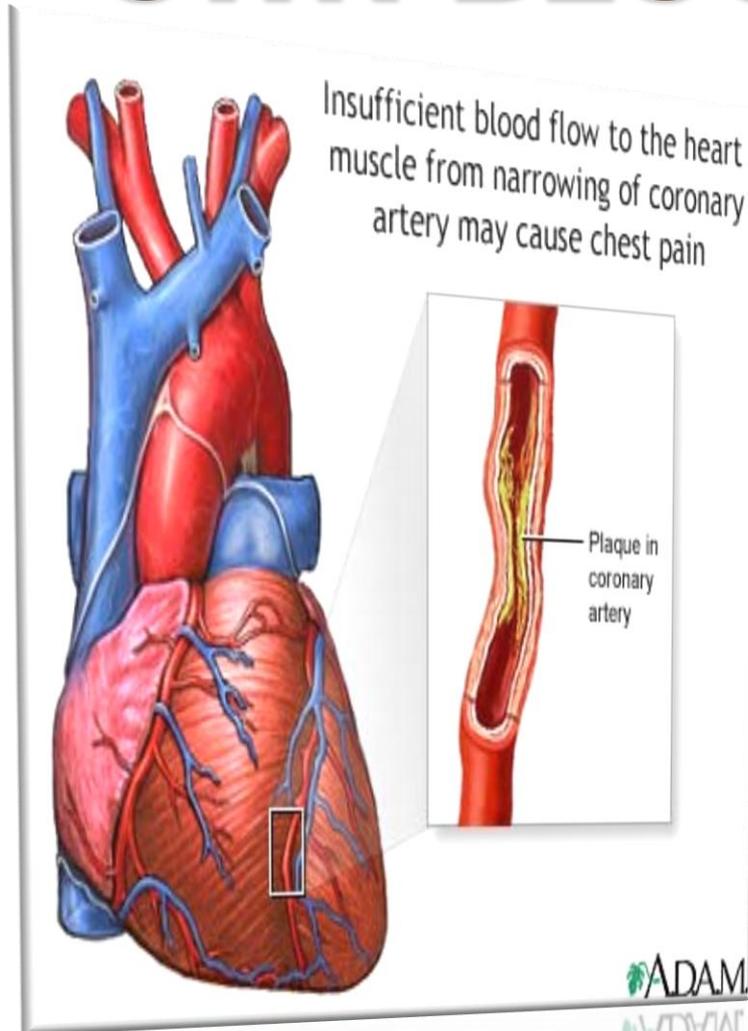
- **Heart diseases: diseases of the heart and blood vessels.**

Heart Disease before eighty!!!

- **“Is it man’s fault”??**
- **“God” ??**
- **“Nature’s will” ??**

P. D. White 1952

THE HEART HAS ITS OWN BLOOD VESSELS



- **The blood vessels can be affected by the following diseases:**
 - **Atherosclerosis**
 - **Hypertension**
 - **Heart attack**

WHAT IS HYPERTENSION

- **Hypertension is the medical term used to describe high blood pressure.**
- **In adults, a systolic blood pressure of >140 mm Hg and a diastolic blood pressure of >90 mm Hg or greater is hypertension**
- **Blood pressure is measured in millimeters of mercury (mm Hg)**



SIGNS AND SYMPTOMS

- **No symptoms**

Others:

- **Headache**
- **Fatigue**
- **Vision changes**
- **Nausea, vomiting**
- **Anxiety**
- **Palpitation**
- **Confusion**



RISK FACTORS

- **Obesity**
- **Age**
- **Gender**
- **Race**
- **Unhealthy diet - excess salt,**
- **high saturated fat**
- **Physical inactivity**
- **Smoking**
- **Family history of high blood pressure**
- **Excess alcohol consumption**
- **Stress**



RISK FACTORS FOR HYPERTENSION



- **GENETIC (Non-modifiable)**
- **NON-GENETIC (Modifiable)**
 - **Nutrition**
 - **Alcohol**
 - **Obesity**
 - **Tobacco**
 - **Physical inactivity**
 - **Stress**
 - **Socio-economic**



KNOW YOUR NUMBERS

- **Blood pressure: Top <140mmHg, Bottom <90mmHg**
- **Salt in take < 6gm /day**
- **Exercise: 30minutes/exercise 3-4 times per week**
- **Body Mass Index: (Weight/Height): 21-24**
- **Fruits: 2-3 courses per day**
- **Sleep: average of 6hours per day.**



How is blood pressure controlled

- **Dietary: reduce salt, saturated fat and cholesterol intake**
- **Stress: reduce stress**
- **Exercise: thirty minutes of moderate physical activity daily.**
- **Avoid Alcohol intake**

How is blood pressure controlled

- **Avoid smoking cigarette**
- **Weight: Keep your weight within Body mass index (21-24 BMI)**
- **Your doctor may prescribe medication to control blood pressure(Do not discontinue without your informing your doctor)**
- **Treatment for hypertension most times is for a life time.**

HEART DISEASES AND LIFE EXPECTANCY

- **“Every child born in the new millennium has a right to live until the age of at least 65 without suffering from avoidable Cardiovascular diseases”**

Life expectancy

Japan	83 years	Ghana	64 years
Switzerland	80.5 yrs	Ethiopia	60 yrs
Australia	80.3 yrs	Uganda	53.24 yrs
Sweden	80.2 yrs	Nigeria	53 yrs
Canada	80.0 yrs	Zambia	52.3 yrs
UK	80 yrs	Zimbabwe	49.6 yrs
Finland	78.5 yrs		

- **IS**
HYPERTENSION
PREVENT



HOW TO PREVENT HYPERTENSION

- **Reducing salt in foods (6 g of salt per day).
No added salt to cooked food.**
- **Cutting dietary saturated fat and cholesterol**
- **Promoting physical activity**
- **Encouraging higher consumption of fruits and vegetables**
- **Reduce smoking and indulge in smoke-free environment**
- **Use of affordable, available, locally manufactured drugs.**
- **Avoid alcohol intake**
- **Reduce Stress.**



LIFESTYLE MODIFICATION



- **Say NO to Smoking**

- **Avoid smoking environment**

- **Responsible alcohol intake**



FOOD PYRAMID

Fats, Oils & Sweets
USE SPARINGLY

KEY

■ Fat (naturally occurring and added)

▼ Sugars (added)

These symbols show fats and added sugars in foods.

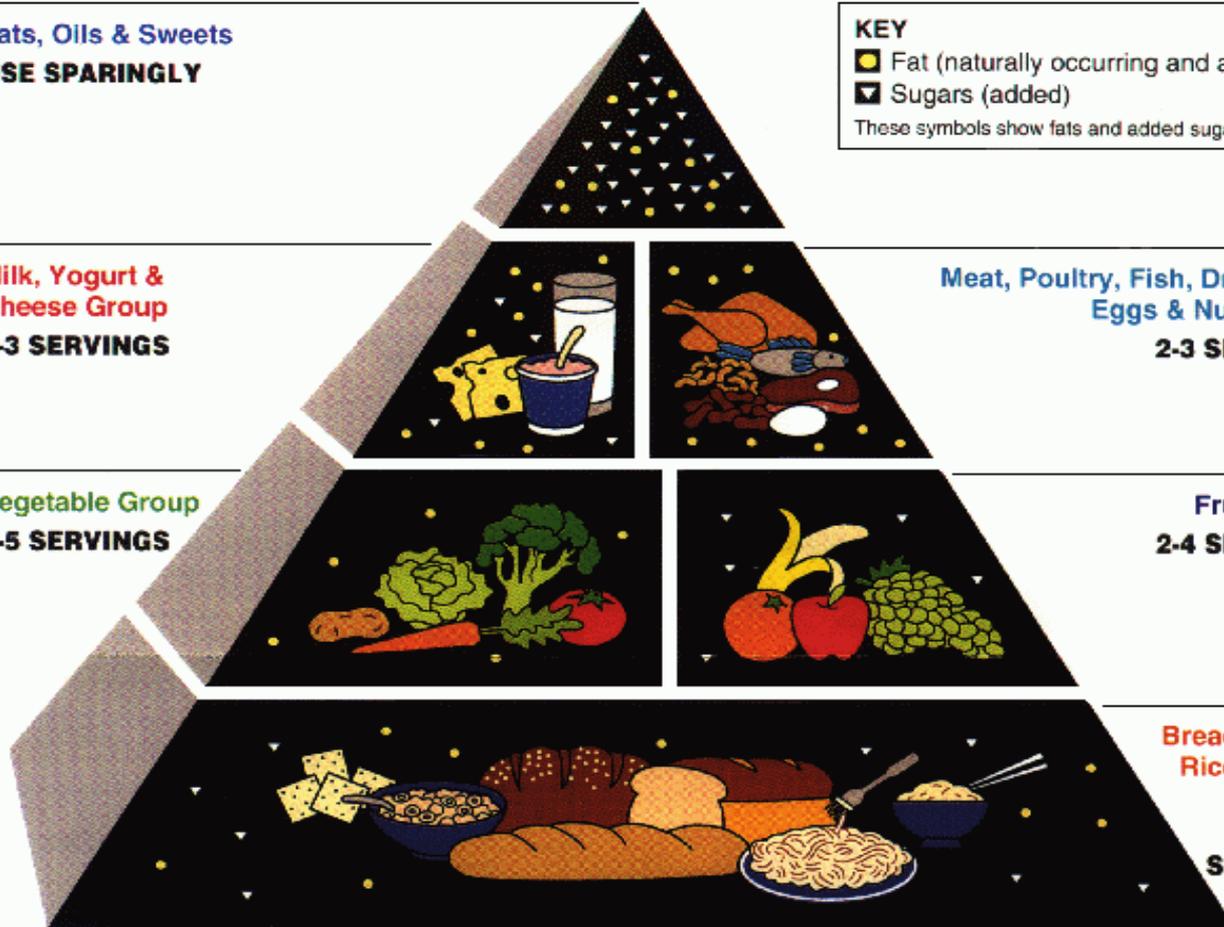
**Milk, Yogurt &
Cheese Group**
2-3 SERVINGS

**Meat, Poultry, Fish, Dry Beans,
Eggs & Nuts Group**
2-3 SERVINGS

Vegetable Group
3-5 SERVINGS

Fruit Group
2-4 SERVINGS

**Bread, Cereal,
Rice & Pasta
Group**
**6-11
SERVINGS**



DIETARY PREVENTION



- **Low fat intake**
 - Animal fats
 - Fried foods
 - Butter
 - Margarine
 - Low fat milk
- **Low salt**
- **Reduce sugar intake**
- **High fiber diet**
 - Eba, Akpu, Garri, Amala, Tuwo,

DIETARY PREVENTION



- **Use mono-unsaturated oils-**
 - Soya oil
 - Olive oil
 - Canola oil
 - Fish oil (omega 3 oils)
- **Take 4-5 courses of fruits and vegetables daily**
- **Take 8-10 glass of water daily**
- **Moderate weight (BMI < 24)**

FORMS OF EXERCISE



- **Walking**
- **Jogging**
- **Swimming**
- **Treadmill**
- **Cycling**
- **Golfing**
- **Dancing**



EXERCISE



- **Under take 30 minutes exercise 4 times a week.**



WALK FOR HYPERTENSION

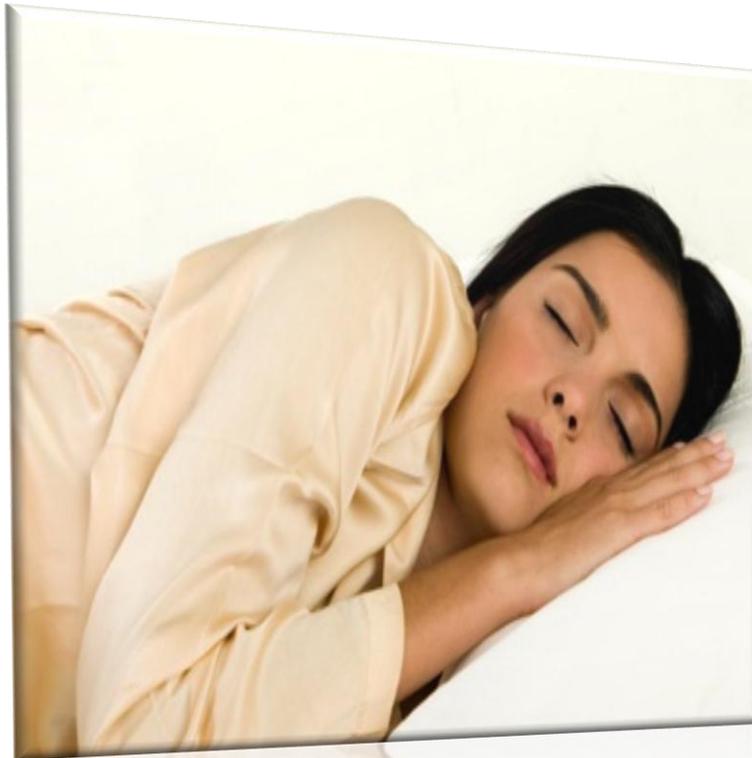


MODERATE DRINKING



- **Two to three units of alcohol daily**
- **Units of alcohol:**
 - **One measure of spirit**
 - **Small glass of wine**
 - **1/2 pint of beer or cider**

SLEEP



- **6-8 hours per night**



INDIVIDUAL RESPONSIBILITY

- **Regular Blood Pressure Check**
 - **Self-Blood pressure check at home is vital.**
 - **Visit to your doctor occasionally is recommended**
- **Lifestyle Modification**
- **Dietary Prevention**
- **Engage in physical activity**
- **Moderate Drinking**
- **Sleep**



BENEFITS OF HEART HEALTH INVESTMENT

- **Decrease disability and loss of life**
- **Decrease Stroke**
- **Decrease Heart Attack**



**KNOW YOUR NUMBERS-
*LIVE LONG AND HEALTHY***



THANK YOU

