



# Understanding High Blood Pressure (Hypertension)

What You Need to Know

## What Is High Blood Pressure?

High blood pressure means the force of your blood pushing against your artery walls is too high. Over time, this can damage your heart, blood vessels, and organs.

## Why Is It Important?

- High blood pressure often has no symptoms but can cause serious problems like heart attack, stroke, and kidney disease.
- It is called the “silent killer” because damage happens quietly.

## Causes and Risk Factors

- Family history of high blood pressure
- Being overweight or obese
- Not exercising enough
- High salt (sodium) intake
- Stress
- Smoking or alcohol use
- Other medical conditions like diabetes or kidney disease

## How to Control High Blood Pressure

- ✓ Eat a healthy diet low in salt and rich in fruits and vegetables
- ✓ Exercise regularly (at least 30 minutes most days)
- ✓ Maintain a healthy weight
- ✓ Take blood pressure medicines as prescribed
- ✓ Avoid smoking and limit alcohol
- ✓ Manage stress through relaxation techniques or counseling

## When to Call Your Healthcare Provider

- If your blood pressure readings are consistently high (over 130/80 mmHg)
- If you experience symptoms like headaches, chest pain, shortness of breath, or dizziness
- If you have questions about your medications or lifestyle changes



## PATIENT EDUCATION SERIES

### How We Help You

Our team supports you in managing your blood pressure and overall health to prevent complications. We can help with education, monitoring, and coordination of care.

### Questions? Call Us Anytime

Accelerated Wound Care  
2720 S. River Rd.  
Suite 256  
Des Plaines, IL. 60018  
Main: 844-292-5708  
Fax: 224-361-2616  
Website: [awcillinois.com](http://awcillinois.com)

We're here to support your healing journey!

**Disclaimer:**

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