

# 3 EASY STEPS TO PREVENT HEART DISEASE AND STROKE

## 1 KNOW YOUR “GOAL” BLOOD PRESSURE

To find out if you have or are at risk of developing high blood pressure, see your doctor or healthcare professional.

### Know Your Blood Pressure Goal

- Less than or equal to 120/80 mmHg is very good.
- You may have high blood pressure if it is more than:
  - 140/90 (when measured in a clinic)
  - 135/85 (when measured at home)
  - 130/80 (if you have diabetes or kidney disease)

### Follow a Healthy Lifestyle to Lower High Blood Pressure

- 1) Be physically active. Try walking, biking, or swimming for 30 to 60 minutes on most days.
  - 2) Eat a lot of fresh fruits and vegetables, low-fat dairy and foods low in fat. Avoid fast foods.
  - 3) Eat less salt in your diet.
  - 4) If you drink, do not have more than two alcoholic drinks each day.
  - 5) Keep your body weight within a healthy range.
  - 6) Quit smoking.
- Lifestyle change can be as effective as drugs in some cases.

## 2 CONTROL YOUR BLOOD PRESSURE

### If you have high blood pressure:

- Get checked for diabetes and high cholesterol. Most people who have high blood pressure also have these other risks for heart disease and stroke.
- Ask your doctor to test your kidney function through a blood and urine test. Kidney problems can cause high blood pressure.

### Control your high blood pressure:

- Follow a healthy lifestyle.
- Take medications regularly as instructed by your physician. Medicines will not work if you do not take them regularly.
- Every drug can have side effects and you need to report them to your doctor.
- Monitor your blood pressure regularly.

## 3 MEDICATIONS CAN HELP

Many drugs that lower blood pressure also prevent heart attacks and strokes. The drugs known to prevent heart attacks and strokes include:

- Diuretics (water pills)
- Beta blockers
- Angiotensin converting enzyme inhibitors (ACE inhibitors)
- Angiotensin receptor blockers (ARBs)
- Calcium channel blockers.

On average all of these medications reduce blood pressure by just about the same amount and are shown to improve quality of life, but some people have better results with one drug than another and some need more than one drug. The drugs have different costs and different possible side effects. Talk to your doctor or healthcare professional to control high blood pressure or individualized care.



# WHAT IS WORLD HYPERTENSION DAY?

Hypertension is by far the largest risk factor for heart disease, stroke and kidney diseases.

The purpose of World Hypertension Day (WHD) is to communicate to the public the importance of hypertension and its serious medical complications, and to provide information on prevention, detection and treatment.



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## FOR MORE INFORMATION

[www.worldhypertensionleague.org](http://www.worldhypertensionleague.org)

[www.hypertension.ca](http://www.hypertension.ca)

[www.hypertenion.qc.ca](http://www.hypertenion.qc.ca)

[www.nhlbi.nih.gov/health/public/heart/hbp/dash](http://www.nhlbi.nih.gov/health/public/heart/hbp/dash)

[www.healthyheartkit.com](http://www.healthyheartkit.com)

The Heart and Stroke Foundation can provide you with a "Blood Pressure Action Plan" at:

[www.heartandstroke.ca](http://www.heartandstroke.ca)

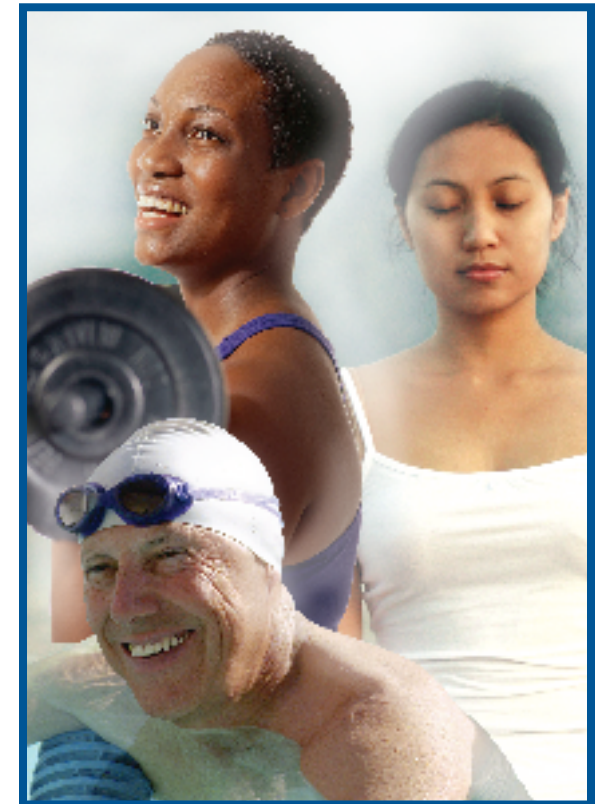
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(Much of the information in this pamphlet is adopted from Canadian Hypertension Education Program (CHEP) 2006 patient update)



## PREVENT HYPERTENSION "TREAT TO GOAL"



**WORLD  
HYPERTENSION  
DAY**

*Initiated by the World Hypertension League*