



# HYPERTENSION

UNDERSTANDING HIGH BLOOD PRESSURE AND ITS HEALTH IMPACT

# Hypertension Overview

## Definition and Impact

Hypertension is a chronic condition where blood pressure remains consistently high, risking serious health complications.

## Silent Killer Nature

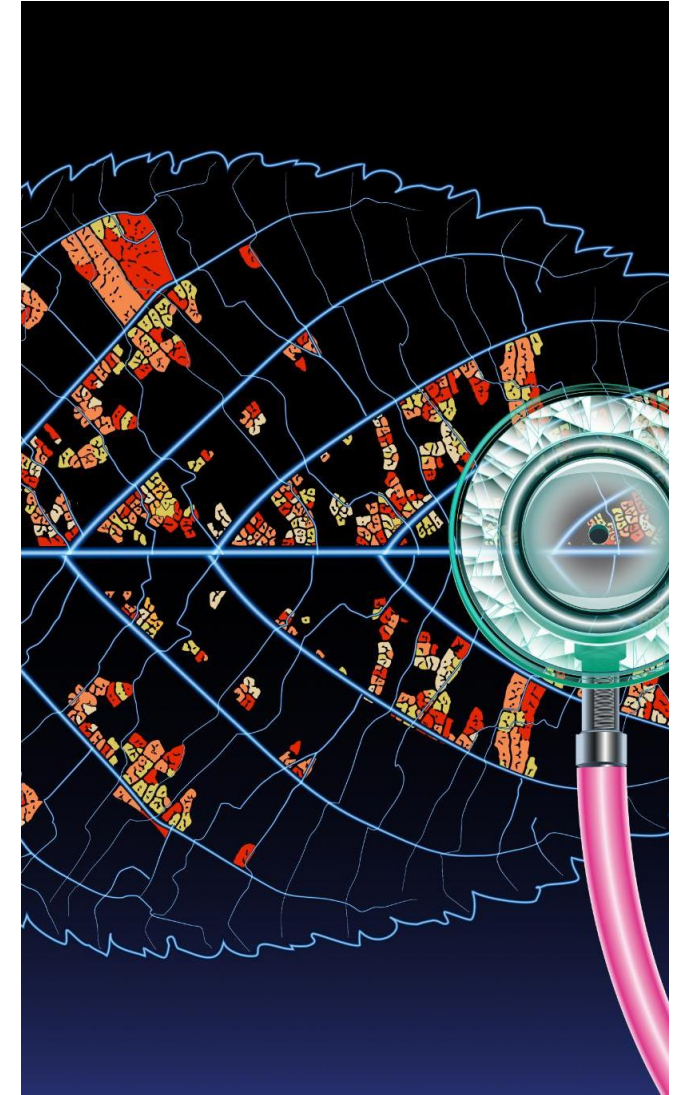
Often asymptomatic, hypertension is called the 'silent killer' as damage occurs before symptoms appear.

## Risk Factors

Genetics, lifestyle, and health conditions influence hypertension onset and severity.

## Monitoring and Management

Regular blood pressure monitoring and awareness are vital for cardiovascular health and prevention.



# Blood Pressure Basics

## Blood Pressure Measurement

Blood pressure measures force of blood on vessel walls using systolic and diastolic numbers.

## Health Impact

Maintaining normal pressure prevents damage to heart, brain, eyes, and kidneys.

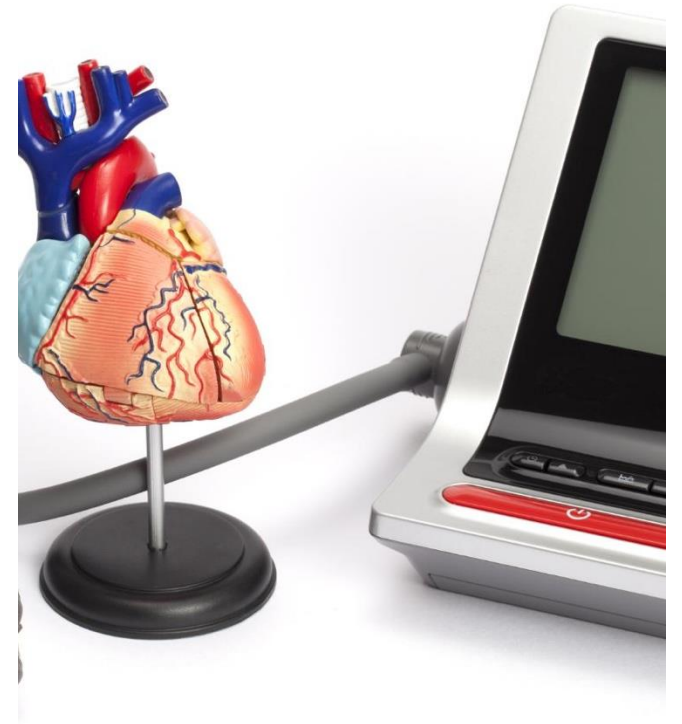
## Influencing Factors

- Family history
- High salt diet
- Being overweight
- Smoking & alcohol
- Stress
- Lack of physical activity
- Aging

## Specific to Sports

Some athletes still develop hypertension factors include:

- Performance-enhancing drugs (steroids)
- High-stress competitions
- Excess caffeine/energy drinks
- Inadequate recovery
- Genetics (cannot be trained away)



# Blood Pressure Basics

✓ <b>Less than</b> $\frac{140}{90}$	<b>Healthy</b>
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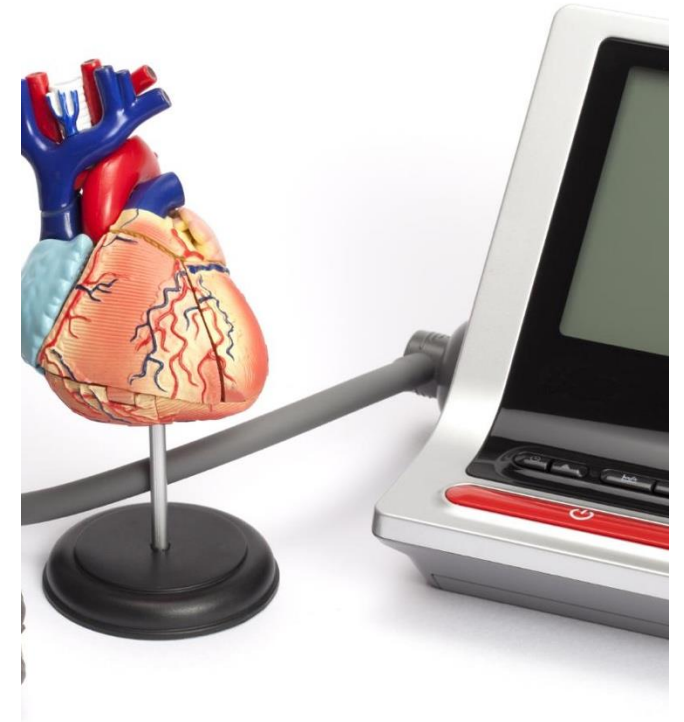
If your blood pressure reading is healthy, you should have a check at least every five years, or sooner if you feel unwell. If you're overweight, smoke or are over 65 you should check your blood pressure more frequently.

⚠ <b>Over</b> $\frac{140}{90}$	<b>High</b>
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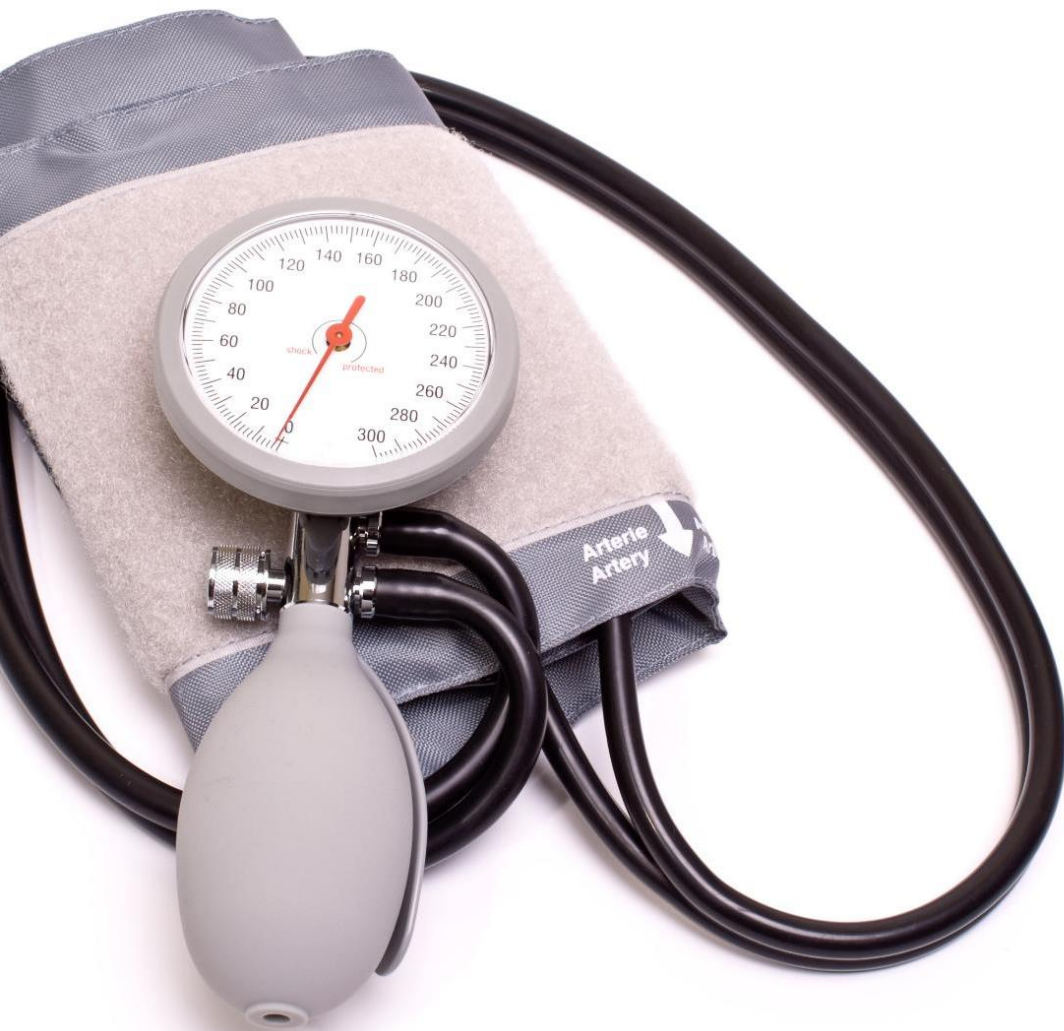
If your blood pressure reading is high, check again and use the average of the two readings. If it is still above 140/90, go to a pharmacy or arrange an appointment with your GP within 2-3 weeks. If you start to feel unwell in those 2-3 weeks with any of the following symptoms, contact NHS 111: headache, dizziness, blurred vision, shortness of breath. If you are aged 80 and over, your blood pressure is high if it is over 150/90..

⚠ <b>Over</b> $\frac{180}{120}$	<b>Very high</b>
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If your blood pressure is very high, please take two more readings, waiting 5 minutes between each reading. Use the average of the three readings. If your blood pressure is persistently above 180/120, this requires urgent medical attention and you should go to A&E as soon as you can the same day.







# Primary vs Secondary Hypertension

## Primary Hypertension Overview

Primary hypertension develops gradually without a specific cause, often linked to genetics and lifestyle factors.

## Secondary Hypertension Causes

Secondary hypertension results from underlying conditions like kidney disease, hormonal disorders, or medications.

Untreated hypertension can lead to:

- Heart attack
- Stroke
- Kidney failure
- Vision loss
- Vascular dementia
- Reduced performance & stamina in athletes



# Why it Matters

## Health Risks of Hypertension

Hypertension damages vital organs such as the heart, brain, kidneys, and eyes, leading to serious health complications.

## Impact on Athletes

Unmanaged high blood pressure can impair athletic performance and increase the risk of sudden cardiac events.

## Importance of Early Intervention

Early management through lifestyle changes and regular monitoring helps prevent long-term damage from hypertension.



# Risk Factors

## Modifiable Risk Factors

Poor diet, physical inactivity, obesity, smoking, and excess alcohol increase hypertension risk but can be changed.

## Non-Modifiable Risk Factors

Age, genetics, and family history are inherent risks for hypertension that cannot be changed.

## Empowering Prevention

Understanding risk factors helps individuals adopt healthier habits and assists professionals in tailored interventions.



## Prevention & Lifestyle Tips

### Balanced Diet Importance

A diet rich in fruits, vegetables, and whole grains supports heart health and prevents hypertension.

### Regular Physical Activity

Engaging in regular exercise helps lower blood pressure and improves cardiovascular fitness.

### Stress Management

Practicing stress reduction techniques like yoga promotes heart health and overall well-being.

### Health Monitoring

Regularly checking blood pressure helps track cardiovascular health and guides prevention efforts.



# Sports & Exercise Role

## Hypertension Management

Regular exercise lowers blood pressure by improving heart health and reducing stress effectively.

## Motivational Visuals

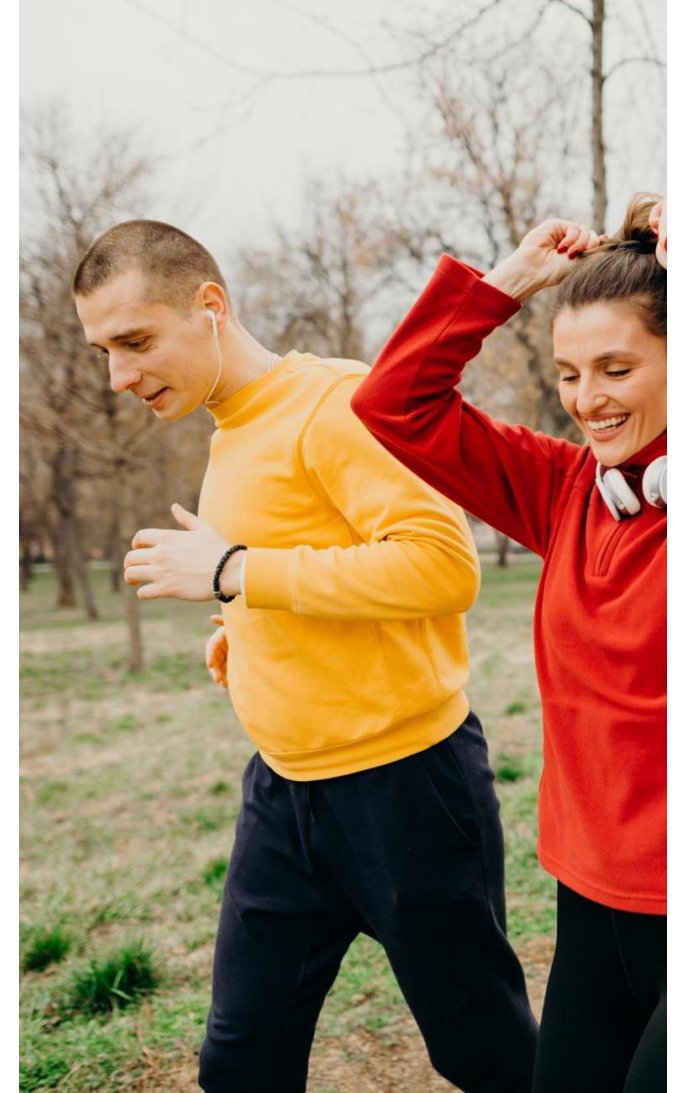
Action shots of people exercising paired with tips encourage consistent physical activity for hypertension control.

## Athlete Performance

Optimal blood pressure maintenance is crucial for athletes' peak performance and long-term health benefits.

## Coaches' Training Programs

Coaches design training incorporating cardiovascular workouts to promote healthy habits and endurance.





# Coaches' Role

## Health Education

Coaches educate athletes on healthy habits to prevent hypertension and improve cardiovascular health.

## Monitoring Well-being

Coaches monitor athletes' blood pressure and overall health to ensure safe and balanced training.

## Encouraging Balanced Training

Coaches promote balanced training and healthy lifestyle choices for sustained athlete wellness.





## Take-Home Messages

### Awareness of Health Numbers

Knowing your blood pressure and health metrics is crucial for early detection and management of hypertension.

### Stay Active for Wellness

Regular physical activity helps maintain healthy blood pressure and overall cardiovascular health.

### Prevention is Powerful

Taking proactive steps in lifestyle and health choices significantly reduces hypertension risks.