

AGING WELL

A NEWSLETTER FROM



PHARMACIE
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The word “hypertension” means...

Pharmacists recognize that some people are confused by the word “hypertension” because it looks and sounds like it might mean anxiety or stress. But hypertension simply means high blood pressure. “Hyper” meaning high and “tension” referring to the amount of **force** or **pressure** exerted by blood on the walls inside blood vessels.

In other words, one’s blood pressure is a measurement of this force or pressure when the heart is beating, as well as when the heart is resting between beats. So for example, if your blood pressure is in the normal range of 120 over 80, the first number (120) is the force or pressure when the heart is beating, while 80 is the pressure between beats.

symptoms. When a person has hypertension, the heart must work harder to pump blood around the body. And this constant “overwork” can damage the heart and increase the risk for heart attack, stroke, vision loss and kidney damage (to name a few).

So why is hypertension a problem?

High blood pressure is also called a “Silent Killer” because it has no



If you or a loved one lives with an ostomy, feel free to visit Medical Arts' website:
ostomyboutique.ca



Hypertension Danger Zone

Get to Emergency if you have:

- Taken your own BP and it's suddenly very high

It might come down on its own but you should see a doctor

- Chest pain or shortness of breath
- Have visual changes
- Dizziness or headache
- Stroke symptoms that include paralysis of face or limbs



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Can you prevent hypertension or change high BP numbers? YES you can!

- Establish and maintain a healthy body weight
- Get daily exercise
- Avoid "salty" and processed foods
- Avoid alcohol and cigarettes

For people who have high blood pressure and are working on lifestyle changes, medication to get the blood pressure down is often prescribed. But it's essential to take the medication as directed. Remember, hypertension doesn't have symptoms so it could be easy to forget to take the medication. Obviously it's a little easier to remember a medication that's helping something you can see (like a rash), hear (like wheezing), or feel (like knee pain).

TIP:

Ask your pharmacist to custom package your medication. It will help you remember to take your medication, help ensure you don't take it more often than you're supposed to, and ultimately help ensure those high numbers get down to the normal range.

There are different kinds of medication that can be used for hypertension. Some:

- Relax blood vessels
- Decrease resistance in arteries
- Decrease heart rate and relax blood vessels
- Decrease extra fluid in the body and blood vessels

Sometimes, your doctor might have to try more than one medication to see which one works best for you.

Medical Arts Pharmacy can make pill vials a thing of the past.

Ask about options for custom packaging.

It can make life a little easier and safer.

