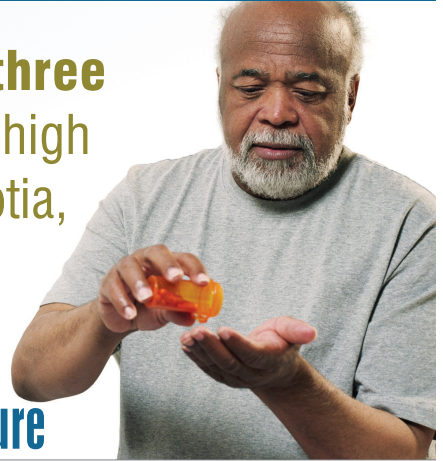


HIGH BLOOD PRESSURE and African Nova Scotians

African Nova Scotians are **three times more likely** to have high blood pressure. In Nova Scotia, **1 in 3 adults** have high blood pressure.*



The effects of high blood pressure

High blood pressure damages blood vessels. When left untreated, organs such as your heart, brain, kidneys or eyes may become damaged. This eventually can lead to:

- Heart Attack
- Diabetes Complications
- Stroke
- Dementia
- Vision Loss
- Kidney Disease
- Erectile Dysfunction

High blood pressure is known as a “Silent Killer” because there are often **NO SIGNS** or **SYMPTOMS**

Blood pressure categories

The only way to know if your blood pressure is high is to have it checked regularly.

CATEGORY	SYSTOLIC / DIASTOLIC
LOW RISK (IDEAL LEVEL)	120 / 80
MEDIUM RISK	121-139 / 80-89
HIGH RISK	140+ / 90

*Reference can be found online at www.NSbrotherhood.ca

Lifestyle risk factors

Your lifestyle can affect your risk of developing high blood pressure. You can reduce or manage your risk if you:

Lower sodium intake: Do not add salt to food. Limit processed and pre-packaged foods.

Maintain a healthy weight: Eat more fresh vegetables and fruits, whole grains, and lean meats.

Live an active lifestyle: Aim for 150 minutes of physical activity daily (2.5 hours per week, at least 10 minutes at a time).

Quit smoking: If you smoke, talk to us about supports for quitting smoking.

Reduce stress: Talk to us about stress management supports and strategies.

Limit alcohol intake.

Genetic risk factors

Your race, family history, age and gender also affect your risk of developing high blood pressure.

Race: people of African descent are at greater risk of high blood pressure

Family History: a history of high blood pressure in your family increases your risk

Age: your risk of developing high blood pressure increases with age

Gender: men tend to develop high blood pressure earlier than women

Have your blood pressure checked

It is quick and simple to have your blood pressure checked regularly by:



The
Nova Scotia
Brotherhood
Team



Your
Family
Doctor



Your
Family
Practice
Nurse

Contact Nova Scotia Brotherhood to learn more about blood pressure or to make an appointment with a member of the team about another health concern:

902.434.0824

NSbrotherhood@nshealth.ca

www.NSbrotherhood.ca

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health authority