

## Treatment

Treating hypertension involves Lifestyle Changes and Medication therapy.

### Lifestyle Changes

You can lower your blood pressure with the following lifestyle modifications:

- Losing weight if you are overweight or obese.
- Quit Smoking
- Eating a healthy diet, including the Dash DIET (eating more fruits, vegetables, and low fat dairy products, less saturated and total fat).
- Reducing the amount of sodium in your diet to 2,300 milligrams (about 1 teaspoon of salt) a day or less.
- Getting regular aerobic exercise (such as brisk walking at least 30 minutes a day, several days a week).
- Limiting alcohol to two drinks a day for men, one drink a day for women.

In addition to lowering blood pressure, these measures enhance the effectiveness of antihypertensive medications.

## Classifications

Hypertension is classified as:

- Normal blood pressure : less than 120/80 mmHg
- Prehypertension: 120-139/80-89 mmHg
- Hypertension: greater than 140/90 mmHg
- Stage 1 Hypertension:140-159/90-99 mmHg
- Stage 2 Hypertension: 160 or greater/ 100 or greater mmHg



## Hypertension Program

A Medicare Certified Home Health Agency

LifeCare Solutions

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## About our Company

LifeCare Solutions is a full service Medicare certified Home Health Agency serving multiple counties in Northeast Florida. We provide skilled nursing and therapy in your home, under the direction of your physician.

Our Hypertension Program has been developed to provide services in the home to treat your condition.

### Risk Factors

- Age and Sex
- Family History
- Ethnicity (Race)
- Diet
- Obesity

## About Your Condition

### Who is a candidate

People with high blood pressure usually experience no symptoms unless their blood pressure is extremely high, or if they have had high blood pressure for a long time. In these cases, damage may occur in major organs, such as the heart, brain, and kidneys, as well as in the small blood vessels in the eyes. It's important to remember that if left untreated, high blood pressure may lead to serious complications.

## Program Goals

- 1) For people with typical diastolic hypertension who are not at high risk, reduce blood pressure to less than 140/90
- 2) For elderly people with isolated systolic hypertension, caution should be taken to avoid reducing the diastolic pressure to less than 65 - 70.
- 3) People with high risk factors will be managed according to your physician's care plan.

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