



FEBRUARY QUIZ

High Blood Pressure

What is Blood Pressure?

Blood pressure refers to the amount of pressure the heart exerts blood flow through the arterial walls. Contractions of the heart are measured through systolic (pressure of blood flow from the heart to the body) and diastolic (pressure of blood flow into the heart). Healthy blood pressure readings are around 120/80 mmHg. A rise in blood pressure to 140/90 mmHg and above is considered as "hypertension" (high blood pressure) and can instigate serious health problems.

High blood pressure affects more than 4.6 million Australians and more than two thirds have uncontrolled/unmanaged high blood pressure. It is the greatest attributor to cardiovascular disease and imposes a greater risk for strokes, heart attacks/heart failure as well as kidney disease.

Causes

Lifestyle factors are the biggest contributors to developing high blood pressure. These include smoking, high alcohol consumption, high levels of stress and anxiety, poor nutrition (high saturated fats and excessive sodium), high blood cholesterol, and a sedentary lifestyle. All these factors over a longer lifespan cause the greatest risk, it is not age itself.

Medication is generally prescribed to patients that have hypertension to help reduce symptoms but medication will not cure high blood pressure. Medication by itself only acts as a bandaid. Without a proper change to your lifestyle, further health complications may arise overtime which may lead to life threatening conditions including strokes and heart attacks.

There are not often any symptoms associated with high blood pressure which is why it is important to have it checked on a regular basis.

How can exercise help lower/improve my blood pressure?

High blood pressure can be effectively reduced and managed through regular exercise and a good nutritional plan. If you currently have high blood pressure, it is advisable to see your doctor first. If medication is prescribed, it can be reduced overtime and in some cases reversed if certain changes in your lifestyle are adhered to.

It is also important to exercise safely without spiking your blood pressure too high. An exercise professional and dietician can help with guidance and advice to help manage and improve the condition most effectively.

***Turn over for your chance to WIN a 30 Minute Massage
Entries due in the Suggestion Box by 23 February 2015 - Good Luck***



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Complete the Quiz for the chance to WIN a 30 Minute Massage

Circle the correct answer then place your completed Quiz in our Suggestion Box by
23 February 2015

High blood pressure has shown to be the greatest attributor to cardiovascular disease

TRUE / FALSE

High blood pressure is always indicated through various symptoms

TRUE / FALSE

Medication can cure high blood pressure

TRUE / FALSE

Exercising and reducing sodium intake is ineffective

TRUE / FALSE

High blood pressure can never be reversed

TRUE / FALSE

NAME: _____

TELEPHONE: _____