Hypertension Personal Care Guide
Partially gleaned from the Seventh Report of the Joint National Committee on Hypertension (JNC 7).

<table>
<thead>
<tr>
<th>Classification of Blood Pressure Category</th>
<th>Systolic/Diastolic BP</th>
</tr>
</thead>
<tbody>
<tr>
<td>Normal</td>
<td>&lt;120/80</td>
</tr>
<tr>
<td>Prehypertension</td>
<td>120-139/80-89</td>
</tr>
<tr>
<td>Stage 1 Hypertension</td>
<td>140-159/90-99</td>
</tr>
<tr>
<td>Stage 2 Hypertension</td>
<td>&gt;160/100</td>
</tr>
<tr>
<td>Goal for most folks</td>
<td>&lt;130/80</td>
</tr>
</tbody>
</table>

### Major Cardiovascular Risk Factors
The more of these you have, the more aggressive we need to be at treating each one!
- Hypertension
- Obesity (BMI >30)
- Dyslipidemia (chol.)
- Diabetes mellitus
- Cigarette smoking
- Physical inactivity
- Microalbuminuria
- Age >55M, >65F
- Fam. history of heart disease (<55M, <65F)

### Identifiable Causes of Hypertension
Most cases of high blood pressure are due to what is called “Essential hypertension,” which is mostly a combination of genetics and an unhealthy lifestyle. However, other causes may include:
- Sleep apnea
- Drug induced/related (steroids, ibuprofen, decongestants, birth control pills)
- Chronic kidney dz.
- Hyperaldosteronism
- Parathyroid disease
- Cushing’s Syndrome
- Pheochromocytoma
- Excess sodium intake
- Excess alcohol intake
- Renovascular disease
- Coarctation of aorta
- Thyroid disease
- Obesity/inactivity

### Main Goals:
To modify any risk factors or identifiable causes listed above, along with the following necessary lifestyle changes:

- If applicable, I will try hard to work on my weight, but will never go on a diet again nor over-deprive myself; instead I will use discretion. Goal wt: _________
- Target daily calorie intake: _________
- I will complete a Healthy Snacks List (and made the snacks available).
- I will make a conscious effort to eat more fruits and healthy vegetables.
- I will reduce sodium intake.
- I will reduce portion sizes.
- I will drink ≤2 alcoholic drinks/day.
- I will try hard to address any elevated stress levels or sleeping problems I have.
- I will try hard to exercise (e.g., brisk walk, cycling, sport, dancing, swimming) 30-40 min/day, 3-4 times per week at moderate intensity.
- I will check my blood pressure ≥2x/week.
- I will take my medicines daily:
  ________________________________
  ________________________________
  ________________________________
  ________________________________
- My target LDL will be <100 and HDL >40.