

EXERCISE IS MEDICINE

HYPERTENSION



What is Hypertension?

Hypertension or high blood pressure is a very common condition amongst the general population. Whilst it can be an underlying genetic disorder it is usually lifestyle factors that is the main cause of hypertension

Hypertension can have serious health implications and can increase your chances for developing kidney disease, heart failure, heart attacks and strokes.

Testing for Hypertension

The best way to measure blood pressure is through a simple 5-minute blood pressure test. Blood Pressure is expressed as two different numbers (*measured in millimeters of mercury or mmHg*), the systole, measures pressure of the arteries at maximal heart contraction, and diastole, is when the heart is relaxed. The reading is expressed as systolic/diastolic pressure.

Grades of Hypertension

<u>DIAGNOSTIC CATEGORY</u>	<u>SYSTOLIC (mmHg)</u>		<u>Diastolic (mmHg)</u>
Optimal	<120	and	<80
Normal	120-129	and/or	80-84
High-Normal	130-139	and/or	85-89
Grade 1 (mild) hypertension	140-159	and/or	90-99
Grade 2 (moderate) hypertension	160-179	and/or	100-109
Grade 3 (severe) hypertension	>180	and/or	>110
Isolated systolic hypertension	>140	and	<90

Factors that Increase Hypertension

- Smoking
- Being overweight
- Lack of physical activity
- Excessive salt in the diet
- Excessive alcohol consumption (more than 1 to 2 drinks per day)
- Stress
- Older age
- Genetics

How Exercise Can Help Hypertension

Regular exercise, especially aerobic exercise, can help protect you from hypertension and heart disease. Regular exercise can have a significant effect in reducing your blood pressure by 6-7 mmHg. Many scientific studies have also shown that reducing your systolic blood pressure by 5 mmHg, you can decrease your chance of death by stroke by 14% and death by coronary heart disease by 9%. Constant exercise and a good diet are the first steps in reducing blood pressure, along with pharmaceutical interventions.

Aerobic exercise, such as swimming, walking, running, and cycling, has shown to reduce resting blood pressure.

How SMI can Help

Sports and Exercise Physician	Can undertake a thorough history and examination and coordinate a comprehensive yet easy to follow treatment plan to assist in reducing blood pressure and improving lifestyle
Exercise Physiologist	Provide a guided exercise program that can work around your injuries or conditions.
Dietician	Our dietician can give you help with all matters related to eating (and drinking) in a way that suits your lifestyle
Genisys Gym	Our community-based rehabilitation gym allows our patient to come in undertake their rehabilitation and exercise program in a comfortable environment

Enquire about how we can assist you with putting together a 4-week exercise program without any out of pocket expenses

SMI – Supporting your health, your sport and your life