



National Wear Red Day

Friday, February 7th

HIGH BLOOD PRESSURE HAS MANY RISK FACTORS

1. **AGE:** The risk of high blood pressure increases as you age. Through early middle age, high blood pressure is more common in men. Women are more likely to develop high blood pressure after menopause.
2. **RACE:** High blood pressure is particularly common among African Americans.
3. **FAMILY HISTORY:** High blood pressure tends to run in families.
4. **BEING OVERWEIGHT:** The more you weigh, the more blood you need to supply oxygen and nutrients to your tissues. As the volume of blood circulates through your blood vessels increases, so does the pressure on your artery walls.
5. **NOT BEING PHYSICALLY ACTIVE:** People who are inactive tend to have higher heart rates. The higher your heart rate, the harder your heart has to work with each contraction and the stronger the force on your arteries.
6. **USING TOBACCO:** Not only does smoking and chewing tobacco raise your heart rate, but chemicals in tobacco can damage the lining of your artery walls. Seconhand smoke also can increase your blood pressure.
7. **TOO MUCH SALT:** Too much salt in your diet can cause your body to retain fluid which increases blood pressure.
8. **TOO LITTLE POTASSIUM:** Potassium helps balance the amount of sodium in your cells. If you don't get enough potassium in your diet or retain enough potassium, you may accumulate too much sodium in your blood.
9. **STRESS:** High levels of stress can lead to a temporary, but dramatic, increase in blood pressure.



The Medical Center of Plano