



About High Blood Pressure

Healthy choices are key to helping control high blood pressure. Even if your doctor has given you medicine, you can still take many steps at home to lower your blood pressure and reduce your risk. Some people can even take less medicine after making these changes.

What is blood pressure?

Blood pressure is how hard the blood pushes against the walls of your arteries. High blood pressure is 140 over 90 or higher.

When blood pressure is high, it starts to damage the body and some of your organs. This can lead to heart attack, stroke, and other problems. High blood pressure is called a silent killer. Some people don't have any signs that harm is being done.

What causes high blood pressure?

High blood pressure can be caused by being very overweight, drinking too much alcohol, eating too much salt and getting older. Family history can also be a reason.

What are the signs?

High blood pressure does not have signs. Very high blood pressure can cause headaches, vision problems, nausea and vomiting.

How is high blood pressure spotted?

High blood pressure is 140/90 or higher. Adults should have a blood pressure of less than 120/80. Many people fall into in between, called prehypertension. A person with this needs to make lifestyle changes to bring the blood pressure down and

help prevent or delay high blood pressure. Your doctor needs to confirm that you have high blood pressure. Your blood pressure must be measured on three or more separate days.

How is it treated?

Treatment depends on how high your blood pressure is and if you have other health problems.

What can you do to prevent high blood pressure?

Making changes can help you to avoid high blood pressure. You can:

- Stay at a healthy weight or lose extra weight
- Eat heart-healthy foods
- Eat less salt and salty foods
- Exercise often
- Limit alcohol to two drinks a day for men. One drink a day for women

To get more information about Magellan Complete Care please call us toll-free at 800-327-8613 or 800-424-1694 (TTY only). Or you can call Florida Medicaid Choice Counselors at 877-711-3662 or 866-467-4970 (TTY only).

Source: Centers for Disease Control and Prevention