

PREHYPERTENSION

PREHYPERTENSION IS THE INTERMEDIATE STAGE BETWEEN NORMAL BLOOD PRESSURE AND HYPERTENSION WHEN THE SYSTOLIC PRESSURE MEASURES BETWEEN 120 AND 139 MMHG AND/OR THE DIASTOLIC PRESSURE IS BETWEEN 80 AND 89MMHG. IT IS NOT CONSIDERED A DISEASE BUT SHOULD BE REGARDED AS A WARNING SIGNAL OF POSSIBLE DISEASE IN THE FUTURE.

Studies over a 4 year period have shown that those with prehypertension are, on average, 19% more likely to develop hypertension.

With early detection and intervention, progression to hypertension can be avoided and the risk of related cardiovascular and renal disease is also greatly reduced.

Prehypertension does not usually require medication and can be managed with lifestyle changes that include:

- 1 DIETARY MODIFICATIONS** – reducing sodium intake to **1500mg/day**, cutting down on animal fats and processed food, eating more fruit and vegetables, switching to low and non-fat dairy products and using whole grains rather than refined ones
- 2 REGULAR EXERCISE** – at least **30 minutes** of moderate exercise 5 days/week
- 3 LOSING WEIGHT** if overweight
- 4 STRESS MANAGEMENT**
- 5 LIMITING ALCOHOL INTAKE** to a maximum of **2 drinks** a day for men, and **1** for women.

By adopting these lifestyle changes, you can lower your blood pressure enough to reduce the risk of heart attack, stroke and kidney disease but remember that you need to stick with the changes to make a real difference.

LOOK
FOR THE
WARNING
SIGNS



We are grateful to **Dr Glenda Canlas** from Halcyon Marine Healthcare Systems in Manila for highlighting the early stage signs of hypertension