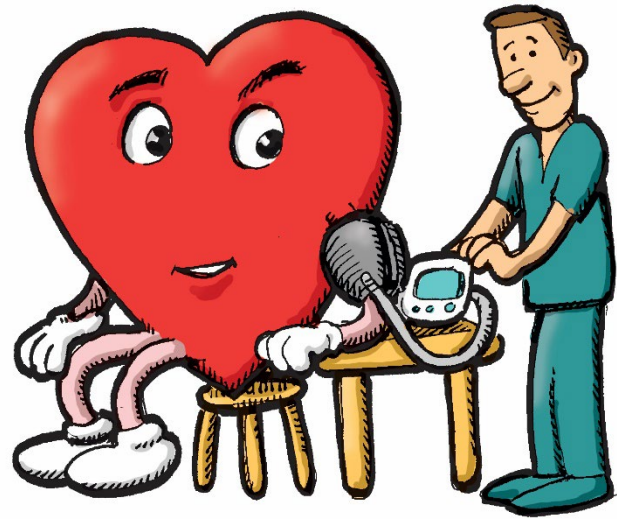# HIGH BLOOD PRESSURE

High blood pressure or **hypertension** is a common health problem in the United States, affecting almost half of all adults (**48.1% in 2021**). The problem is even more common among seniors and is projected to affect **70% of adults over the age of sixty-five**.

Many people affected by hypertension **may not even be aware they have it**. The body's network of blood vessels changes as you age. Your arteries stiffen with time, causing your blood pressure to rise, even if you have heart-healthy lifestyle habits. High blood pressure is called "the silent killer," because it often doesn't result in signs of illness that you can easily see or feel.

The good news is that for most people **blood pressure can be managed**. You can often lower your blood pressure by improving your daily health habits and by taking medication if needed.

Ho'okele Home Care can help seniors looking to manage their medications. A **Vivia Assistant** can be scheduled for a short visit every day to assist with medication reminders and vital signs. Call us at **888-484-2250** to see how we can help.

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My Blood Pressure Log

Blood pressure is the force of blood pushing against the walls of the arteries. **Systolic** blood pressure is the force caused by your heart contracting and pushing out blood. **Diastolic** blood pressure is the pressure when your heart relaxes and fills with blood.

Normal blood pressure for most adults is defined as a systolic pressure of less than 120 and a diastolic pressure of less than 80 (120/80).

High blood pressure is defined as systolic pressure of 130 or higher, or a diastolic pressure of 80 or higher.

DATE	AM	PM	DATE	AM	PM