



جامعة الإمام عبد الرحمن بن فيصل
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Blood Pressure and Diet

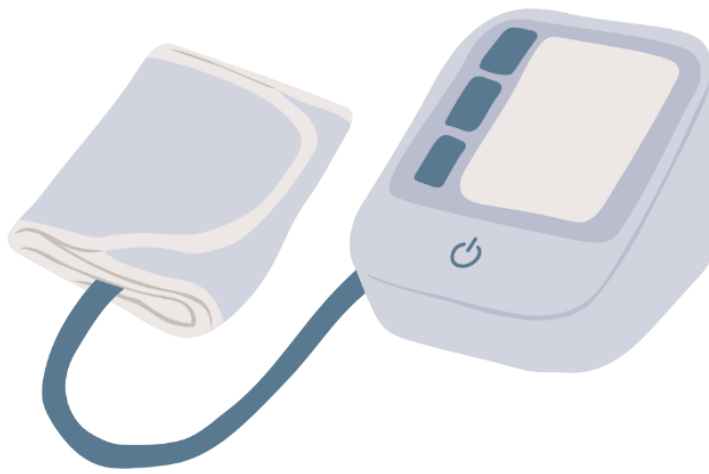




What is blood pressure?

It is the blood force that presses on the arteries walls that makes the heart work at a higher effort which leads to high blood pressure readings.

Blood pressure affects the body's arteries. Blood pressure rises as the blood pumps more and the arteries become narrower.

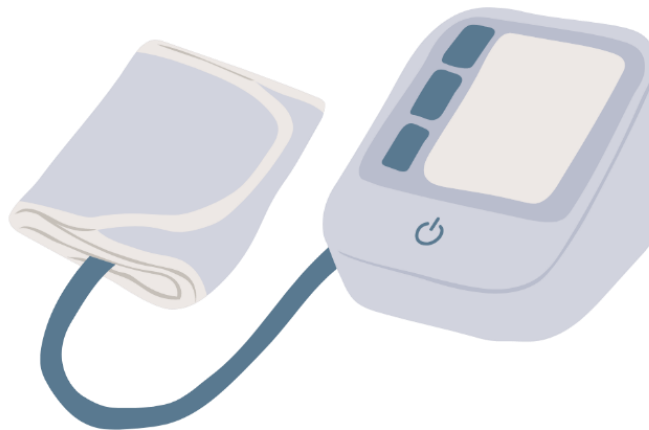




What are the blood pressure symptoms?

Most hypertensive people may not experience any symptoms, even if they have very high blood pressure readings. Years may pass when a person has high blood pressure with no obvious symptoms. Symptoms include:

- ❖ Headache
- ❖ Shortness of breath
- ❖ Nosebleeds





When should I measure my blood pressure?

Starting at the age of 18, you should begin having your blood pressure monitored at least every two years. You should get your blood pressure checked annually if you are 40 years of age or older, or if you are at risk of high blood pressure and are between the ages of 18 and 39.





What are main hypertension types?

- Basic hypertension:

There is no specific cause of hypertension, and it affects adults and children.

- secondary hypertension:

This type of hypertension develops suddenly and raises blood pressure compared to the basic primary hypertension. Medical conditions such as kidney disease, thyroid problems, sleep apnea, and medications can lead to secondary hypertension.



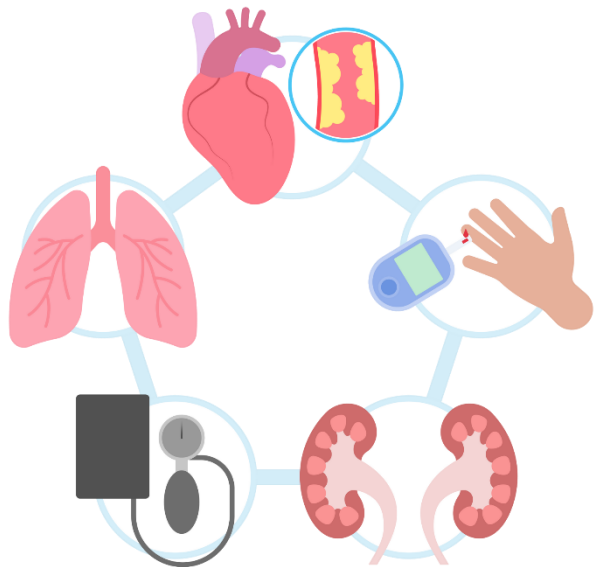
What are the blood pressure risk factors?

- ← Age
- ← Strain and family history of disease
- ← Obesity
- ← Overweight
- ← Lack of physical activity
- ← Smoking
- ← Eating salty food
- ← Low intake of potassium-rich foods
- ← Drinking Alcohol
- ← Sometimes the pregnant woman gets this disease



What are the complications of hypertension?

- ← Heart attack
- ← Stroke
- ← Aneurysm
- ← Kidney issues
- ← Eye issues
- ← Occurrence of metabolic syndrome
- ← Changes in understanding and memory
- ← Dementia



What is the right diet for high blood pressure?

Dash Diet (DASH):

Diet methods that stop hypertension, a simple diet means reducing or reducing the food intake with high saturated fats, cholesterol and trans fats.

- ⇐ Eat more fruits and vegetables.
- ⇐ Eat low-fat dairy products.
- ⇐ Eat wholegrain foods.
- ⇐ Eat fat-free roast fish and poultry.
- ⇐ Eating unsalted nuts.
- ⇐ Reduce sodium to 1500 milligrams per day.



What is the right diet for high blood pressure?

- ⇐ To compensate for salt when cooking, use salt substitutes such as spices in moderate quantities such as lemon, vinegar, garlic, ginger, black pepper, onion and mint.
- ⇐ Stop eating sweets and sugary drinks.
- ⇐ Reduce red meat intake.
- ⇐ Daily exercise.
- ⇐ Maintain normal weight suitable for age and length.





Notes:



Sources and references:

All illustrations from Canva.com

Review and audit:

Specialists in the nutrition department of King Fahd University

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Department of Nutrition

Health Awareness Unit

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