



**National Association of Seadogs
(2013 Feast of Barracuda)**

Theme: Ethnicity & Health:

**“A critical review of Afro-Caribbean/Asian
health issues”**

HYPERTENSION

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WHAT IS “Blood Pressure” ?



- Blood pressure is the pressure of blood in your arteries. Blood pressure is measured in millimetres of mercury (mm Hg). Your blood pressure is recorded as two figures. For example, 150/95 mm Hg. This is said as 150 over 95.
- **The top (first) number is the systolic pressure.** This is the pressure in the arteries when the heart contracts.
- **The bottom (second) number is the diastolic pressure.** This is the pressure in the arteries when the heart rests between each heartbeat.
- Normal BP: Systolic (Below 140 mm Hg) Diastolic (Below 90 mm Hg)

WHAT IS HYPERTENSION – “*High Blood Pressure*”



- Hypertension, also referred to as “high blood pressure”, is a condition in which the arteries have persistently elevated blood pressure. (> 140/90 mm Hg)
- Every time the human heart beats, it pumps blood to the whole body through the arteries.
- Blood pressure is the force of blood pushing up against the blood vessel walls. The higher the pressure the harder the heart has to pump.

WHAT IS INCIDENCE OF HYPERTENSION – “*High Blood Pressure*”



- Mexican American **25.5%** (US Study)
- Black, non-Hispanic **42%** (US Study)
- White, non-Hispanic **28.8%** (US Study)
- A community based study (2011) of rural and semi-urban population in Enugu, Nigeria put the prevalence of hypertension in Nigeria at **32.8%**

WHAT IS INCIDENCE OF HYPERTENSION – “*High Blood Pressure*”



- A review of a number of studies confirms the overall prevalence of hypertension is greater in both Afro-Caribbean men (31%) and women (34%) compared with Caucasians (19% and 13% respectively),
- South-Asian men had a similar overall prevalence to Caucasians (16%). Compared with Caucasians,
- Afro-Caribbean's had significantly higher mean systolic blood pressure, with higher mean diastolic blood pressures evident among Afro-Caribbean women

WHAT ARE HYPERTENSION – “MYTHS”!!!!



- “High blood pressure runs in my family. There is nothing I can do. I will get it too.”
- “I feel fine. I don’t have to worry about high blood pressure”
- “People with high blood pressure have nervousness, sweating, difficulty sleeping and their face becomes flushed”

WHAT ARE HYPERTENSION - “MYTHS”!!!! (Cont)



- “ “I read that wine is good for the heart, so I can drink as much of it as I want ”



WHAT ARE HYPERTENSION – “MYTHS”!!!!



- Too much *thinking* causes high blood pressure”



WHAT ARE HYPERTENSION – “MYTHS”!!!! (Cont)



- “I was diagnosed with high blood pressure and I have been maintaining lower readings, so I can stop taking my medication.”
- “I have high blood pressure and my doctor checks it for me so I don’t need to check it at home, too.”



WHAT ARE HYPERTENSION - “MYTHS”!!!! (Cont)



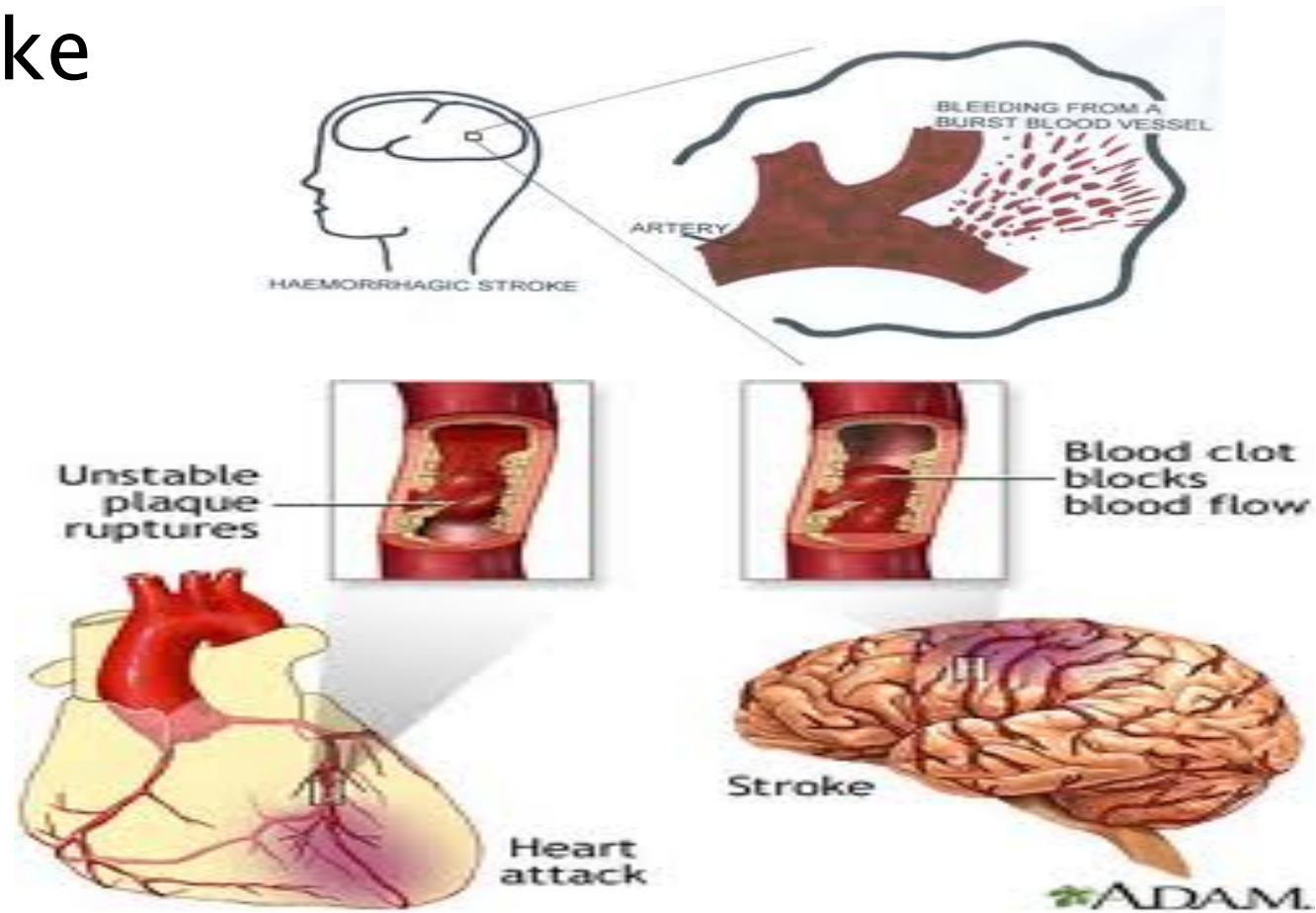
- **“Garlic and other “Natural Remedies” can cure my high blood pressure!!!”**



WHAT CAN HYPERTENSION – “Cause”



- Stroke



WHAT CAN HYPERTENSION – “Cause”



- Heart Failure



Edema (swelling) of
the ankles and feet

WHAT CAN HYPERTENSION – “Cause”



- Renal (Kidney) Failure



WHAT CAN HYPERTENSION – “Cause”



- Hypertensive Eye Disease

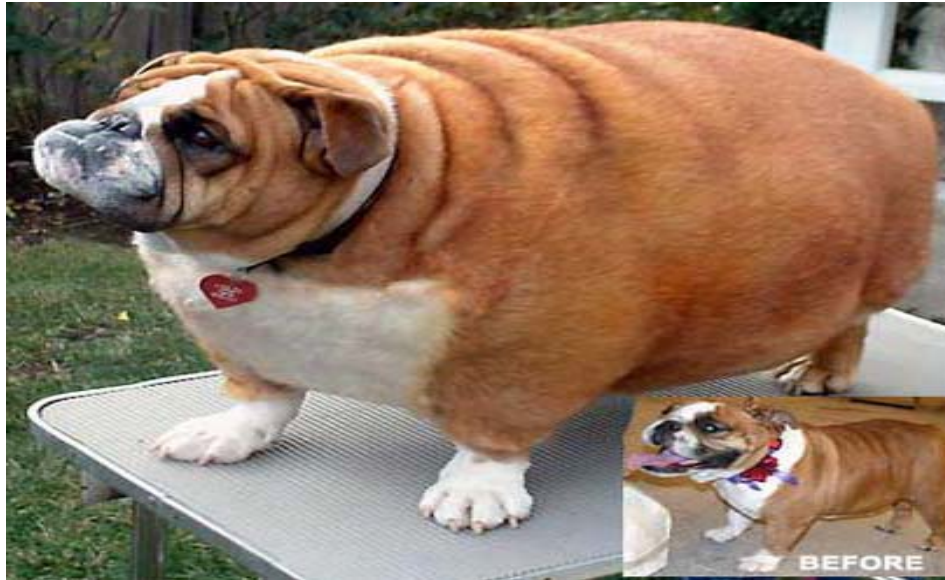


WHAT CAN HYPERTENSION – “Cause”



- Impotence!
- A common cause of erectile dysfunction (impotence) is damage to the lining of the arteries to the penis, so that they fail to open up and let the blood in to strengthen an erection.
- Blood pressure can damage your arteries by causing them to become thicker, or even to burst. This can restrict blood flow to your penis, which may then cause erectile dysfunction.

HYPERTENSION – “Life Style Changes”



- ***Lose extra pounds and watch your waistline***
- Blood pressure often increases as weight increases. Losing just 10 pounds (4.5 kilograms) can help reduce your blood pressure. In general, the more weight you lose, the lower your blood pressure. Losing weight also makes any blood pressure medications you're taking more effective. You and your doctor can determine your target weight and the best way to achieve

HYPERTENSION – “Life Style Changes”



- **. Exercise regularly**
- Regular physical activity — at least 30 to 60 minutes most days of the week — can lower your blood pressure by 4 to 9 millimeters of mercury (mm Hg). And it doesn't take long to see a difference. If you haven't been active, increasing your exercise level can lower your blood pressure within just a few weeks.

HYPERTENSION – “*Life Style Changes*”



- ***Eat a healthy diet***
- Eating a diet that is rich in whole grains, fruits, vegetables and low-fat dairy products and skimps on saturated fat and cholesterol can lower your blood pressure by up to 14 mm Hg.

HYPERTENSION – “*Life Style Changes*”



- ***Reduce sodium (Salt) in your diet***
- Even a small reduction in the sodium in your diet can reduce blood pressure by 2 to 8 mm Hg.

HYPERTENSION – “Life Style Changes”



- ***Limit the amount of alcohol you drink***
- Alcohol can be both good and bad for your health. In small amounts, it can potentially lower your blood pressure by 2 to 4 mm Hg. But that protective effect is lost if you drink too much alcohol

HYPERTENSION – “*Silent Killer*”



- Hypertension is a “Silent Killer”
- Hypertension is the leading cause of “Strokes”
- There is a high prevalence (>30%) of afro Caribbean adults are hypertensive, many are unaware
- Make “Life Style” changes to prevent Hypertension.
- **MOST IMPORTANTLY GET YOUR BP CHECKED!!!!**



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Thank you for listening!