



# ECO HGram

April 2009

We have focused on hypertension (high blood pressure) in the recent issues of the ECO HGram. If you read them you know it is very important to do everything you can to get your blood pressure to normal levels.

## Let me give you some impressive facts:

1. If you start at a blood pressure of 115/75 and go to 135/85, then to 155/95, then to 175/105, at each step up you double your risk of stroke or heart attack. The message is clear, the lower your blood pressure is toward 115/75, the longer you live.
2. If you lower the upper number on your blood pressure (systolic blood pressure) by 2, you reduce death by heart attack by 7% and death by stroke by 10%.
3. 91% of people with heart failure have hypertension first.



4. 69% of people with their first heart attack have a BP greater than 140/90.
5. 77% of people with their first stroke have a BP greater than 140/90.
6. 74% of people with heart failure have a BP greater than 140/90.
7. Of the people who know they have hypertension, only 37% are at goal.



If you have hypertension, hopefully this information will get your attention to get serious about getting your blood pressure in normal range.

Good health to all,  
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