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## Blood pressure age 70 nhs

New work shows that it is never too late to treat high blood pressure. Much is known about the benefits of treating high blood pressure. It helps prevent strokes, heart attacks, heart failure, and early death from cardiovascular disease. One of the persistent questions is this: do older people with high blood pressure reap these benefits too? Posted by Ann Pietrangelo on May 25, 2020 - Facts checked by Maria GiffordShare on PinterestHypertension can develop without symptoms, so experts say it's important to monitor your blood pressure. Getty ImagesResearchers say blood pressure tends to rise as people get older, but there are things you can do to reduce your risk. Experts note that you may have high blood pressure, also known as hypertension, without developing symptoms. They say people should exercise regularly, eat healthy meals, and get enough sleep to avoid high blood pressure. Nearly half of American adults have high blood pressure. The older you are, the more likely you are to develop it. The American Heart Association (AHA) reports that the lifetime risk of high blood pressure from ages 20 to 85 is between 69 and 86 percent. Does that mean that if you live long enough, are you destined to develop high blood pressure?Dr. Jim Liu, a cardiologist at The Ohio State University Wexner Medical Center, told Healthline that age is one of many factors in increasing blood pressure. But he does not consider high blood pressure to be a normal part of aging. In fact, there are quite a few things you can do to reduce the risk. According to the AHA, lifetime risk of high blood pressure is: 86 percent for black men85 percent for black women83 percent for white men69 percent for white womenIn an article published earlier this year in JAMA Cardiology, researchers looked at patterns of blood pressure over a lifetime. Included were 32 000 participants from 5 to 98 years of age. They found that the differences between men and women start early and persist with aging. Women were found to have a steeper increase in blood pressure, starting in their 30s and continuing throughout their lives. Women usually lag behind men when it comes to the age of the outbreak of cardiovascular disease, Liu said. This article indicates that there may be some blood pressure changes earlier in life for women that can contribute to this difference. I would not say that this article should lead to any extensive changes in how we currently treat hypertension, but it is important for doctors and women to continue to be vigilant in monitoring blood pressure, he explained. Gabriela Nakano, MSN, RN, AGACNP-BC, CCRN, CSC, is a cardiovascular nurse practitioner at St. Jude Medical Center in Orange County, California.Nakano told Healthline that hormonal changes after menopause increase the risk of heart disease for women. Therefore, it is important for women to start being active at any age and maintain a healthy lifestyle throughout, she said. As you get older, the vascular system changes. This includes your heart and blood vessels. I There is a decrease in elastic tissue in the arteries, causing them to become stiffer and less compatible. As a result, your blood pressure increases, Nakano said. But there's a lot more to it than age. Variables include things like genetic factors, lifestyle factors, medication-related, and other medical comorbidities, Liu explained. Common medical conditions that lead to hypertension include sleep apnea and kidney disease, he said. Lifestyle factors include smoking, alcohol consumption, physical inactivity, obesity and sleep deprivation. Salt is a necessary nutrient, but excessive salt can be a problem. The American Heart Association recommends less than 2.3 grams of sodium per day for all adults, not just those with hypertension. Someone with hypertension may need a stricter target of 1.5 grams of sodium per day, depending on how controlled their hypertension is, Liu said. You can have high blood pressure and not know it. That's because you may not have symptoms until there is a health crisis, such as a stroke or heart attack. A healthy blood pressure measurement is one in which systolic blood pressure (the top number) is less than 120 and diastolic blood pressure (the bottom number) is less than 80.Systolic blood pressure of 120 to 129 and diastolic blood pressure higher than 80 is considered elevated. Anything above that is considered hypertension. Liu recommends that all adults over the age of 18 have their blood pressure screened at least once a year. Those with diagnosed high blood pressure should be checked more often. Ideally, patients with hypertension should monitor and record blood pressure at home on a daily basis, he said. Nakano says over-the-counter blood pressure monitors aren't always credible. She suggests sitting for 5 minutes, and then taking her blood pressure three times. If you have a good machine, the three readings should be the same. For the most part, the only thing that most people can control is lifestyle factors, namely diet and exercise, Liu said. Dash (Dietary Approaches to Stop Hypertension) diet is a common diet used to lower blood pressure. Other diets, such as vegetarian and Mediterranean diets, have also been shown to be effective, he says. Liu also advises:Read nutrition labels on prepared foods, as they may contain a lot of sodium. Limit alcohol. It means no more than two drinks a day for men and one for women. Get 90 to 150 minutes of aerobic exercise per week. Monitor your weight. Obesity is an independent risk factor for high blood pressure. Work on getting a good night's sleep. Sleep deprivation, or getting less than 6 hours of uninterrupted sleep at night, can increase blood pressure. Contact your doctor if you suspect you have sleep apnoea. Get regular health checks. Lifestyle measures should always be introduced no matter how high blood pressure is, Liu said. But if average blood pressure is consistently above 140/90, medications are usually started. In some people with cardiovascular risk factors, this threshold is even lower. It is possible to get off blood pressure medications if blood pressure is further controlled with lifestyle measures, he added. Nakano warns that you may not feel high blood pressure. Pay attention to that, because if not taken care of, it will cause heart failure in the long term, she said. How does blood pressure change with aging? Age is a known risk factor for high blood pressure. In general, blood pressure rises as people get older. There are typical changes in blood pressure as you age as well as greater risk of hypertension and a need to treat hypertension differently in an older person. Terry Vine / Getty Images Your blood pressure is read in two numbers, systolic over diastolic, and measure in millimeters of mercury. A typical number is 120/80 mm Hg or 120 over 80. Systolic blood pressure is the higher number, and it represents the pressure on the maximum part of the heart rhythm when the heart chambers contract to push blood through the blood vessels. Diastolic blood pressure is the lower number, which is printed in the blood vessels between the heartbeat, at the point where the chambers are filled with blood. The safest blood pressure range is less than 120 systolic and less than 80 diastolic. High blood pressure (hypertension) is defined as a systolic pressure of 130 or higher, or a diastolic pressure of 90 or higher, at two or more controlsAvisivolic blood pressure of less than 90/80 is low blood pressure or hypotension. Both systolic and diastolic blood pressure is important when it comes to diagnosing and monitoring high blood pressure. But they change in different ways as you get older. In particular, the systolic blood pressure rises with age, while diastolic blood pressure tends to fall. This applies to people with high blood pressure and those without previous high blood pressure. For people with pre-existing high blood pressure, this age-related increase in blood pressure occurs even if blood pressure is well controlled with medicine. Often older people diagnosed with high blood pressure have isolated systolic hypertension. This type of high blood pressure means that only your systolic blood pressure is raised to above 129 mm Hg while diastolic blood pressure remains below 90 mm Hg. If your systolic blood pressure is below 90 mm Hg, you may feel light headed or even faint. This can be caused by getting dehydrated if you don't drink enough fluids. You may also get hypotension with blood loss or because of too much of some medications. Orthostatic hypotension is also common as you get older. This is a drop in blood pressure when you rise after having by lying down or sitting. It can lead to dizziness, fainting and falls. The reasons why blood pressure increases with age are still poorly understood, but are a topic of intense research. While a certain increase in blood pressure is inevitable as we get older, blood pressure maintained by following the same lifestyle recommendations as younger people. If you are being treated for high blood pressure, your doctor may need to adjust treatment at an advanced age. This is especially a concern to keep diastolic pressure high enough to prevent low blood pressure that can lead to a fall. Be sure to discuss all your symptoms with your doctor and get regular check-ups. Thanks for the feedback! What are your concerns? Concerns?

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