What is hypertension?

Hypertension (high blood pressure) is a condition that results when blood pressure remains elevated over time. Blood pressure is the force required to move blood through the arteries.

When increased force is required to pump blood through the arteries, the wall of the blood vessels is stretched to unhealthy limits resulting in increased risk for serious health problems including heart attack and stroke.

Why does hypertension matter?

- Untreated high blood pressure can damage the arteries, heart, and other organs leading to the following possible health conditions:
  - Heart attack, heart disease, congestive heart failure
  - Stroke
  - Aneurysm
  - Kidney damage
  - Vision loss

For more information visit:

Cathealthbenefits.cat.com > Wellness Services

Visit your local medical station or contact Caterpillar Wellness Services at:

309-675-6945 or RNX / Tie Line # 7-725-6945
Types of Stroke

- **Ischemic stroke** is when a blood clot or too much plaque blocks blood flow to the brain and is similar to a heart attack.

- **Hemorrhagic stroke** is when a blood vessel ruptures in the brain causing blood to seep into the tissue causing damage to the brain cells.

- **TIA (transient ischemic attack)** is often referred to as a mini-stroke and can indicate an impending stroke. It is caused by a short term lack of blood flow to a part of the brain. The symptoms are the same, but are temporary.

- In addition to general risk factors and high blood pressure, other risk factors include high cholesterol, sleep apnea, heart disease, use of illicit drugs and family and personal health history.

How can you improve your numbers?

- Eat a **healthy diet**, including reducing salt intake.
- **Exercise** regularly and maintain a healthy weight.
- Manage **stress**.
- **Avoid** tobacco smoke.
- Take your medication **as prescribed**.
- **Limit** alcohol intake
- Have **routine health screenings**, including blood pressure checks

Key Statistics

- About 70 million American adults (29%) have high blood pressure—that’s **1 of every 3 adults**.
- Only about half (52%) of people with high blood pressure have their condition under control.
- Stroke is the **fifth leading cause of death** in the United States and the second leading global cause of death in those over 60 years old.
- It is estimated that stroke claims a life **every 10 seconds** worldwide.
- Approximately **5 million** people die and **5 million** are left permanently disabled from stroke every year worldwide.