

WITH A ZEST FOR LIFE



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Hypertension, or high blood pressure, also known as the “silent killer”, affects 2 out of every 5 Puerto Ricans. It is a major factor in cardiovascular diseases and strokes – the main causes of death worldwide.

Hypertension occurs when the force of blood pushing against a blood vessel is too high. This additional pressure causes the heart and blood vessels to work more than they should and less efficiently. Over time, the exerted pressure damages the arterial tissue, which may further damage the heart and the circulatory system.

An adequate blood pressure should be under 120/80. Learn about the factors that increase the risk for hypertension.

- Excess weight or obesity
- Little physical activity
- Stress
- Alcohol abuse
- Smoking
- A diet high in fat and low in fiber
- Family history of high blood pressure

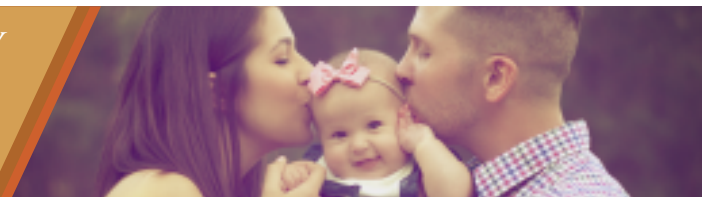
Help your heart and add quality of life to your years with the following recommendations:

- Reduce fat and salt consumption in all of your meals.
- Exercise for 30 minutes every day.
- Savor a variety of fruits and vegetables in every meal.
- Choose to drink water.
- Identify what helps you deal with stress adequately and put it into practice.
- Visit your primary care physician at least once a year.

Hypertension is preventable. Benefit from a healthy lifestyle and celebrate life every day.

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References

American Heart Association. (2018). Nearly half of U.S. adults could now be classified with high blood pressure, under new definitions. <https://news.heart.org/nearly-half-u-s-adults-now-classified-high-blood-pressure-new-definitions/>

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