

VLCC REACH perspective - helping hypertensive restore health

Stress management for control of hypertension is advised through relaxation techniques, breathing exercises and development of time management skills.

Nutritional intervention is one of the key components of our approach in prevention & management of hypertension. Experts at VLCC educate & provide dietary modifications to clients based on recent advances in nutrient research in control of hypertension.

Eating plan for hypertensives take into consideration a balanced diet approach focusing on increased consumption of fruits & vegetables, non fat dairy products and low in saturated & total fat. Diet counselor act as transient support system to prepare & motivate clients to incorporate gradual changes. Nutritional counseling emphasizes on role of important nutrients as sodium and potassium in management of hypertension and practical ways of incorporating therapeutic modifications in the daily eating plan. Clients are advised to limit the consumption of salt by reducing salt in cooking, using herbs and spices to flavor food, refraining from adding salt at the table and avoiding highly salted, processed foods.

The physiotherapist plans a customised physical activity pattern based on individuals' fitness level and health condition.

VLCC counselor advises behaviour and lifestyle modification to reduce both weight as well as waist circumference.

The blood pressure is regularly monitored on the program and interaction with the family physician helps in regulating the medication dosage.



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HYPERTENSION

VLCC Health Information Series-I



ANTI-OBESITY
NOVEMBER 26 DAY



What is blood pressure?

Blood pressure is the force of blood against the walls of arteries.

What is hypertension (high blood pressure)?

High blood pressure or hypertension is persistently high arterial blood pressure, defined as systolic blood pressure (SBP) of 140mm Hg or higher or a diastolic blood pressure (DBP) of 90 mm Hg or higher.

How is blood pressure measured and hypertension diagnosed?

Blood pressure should be measured with a well calibrated sphygmomanometer. The cuff should encircle at least 80% of the arm circumference. Reading should be taken after the patient has been resting comfortably for at least 5 minutes and at least 30 minutes after smoking or coffee ingestion.

Did you know?

A high waist circumference, high waist hip ratio and high body mass index (BMI) increases your chances of having high blood pressure, high cholesterol and high blood sugar.

Blood pressure is normally lowest at night and the loss of this nocturnal dip is strongly associated with cardiovascular risk, particularly thrombotic stroke. An increase in the normal morning blood pressure is associated with increased likelihood of brain haemorrhage.

In winters the blood pressure rises in comparison to summers, so get your medication & dietary intake adjustments done accordingly. In addition lifestyle changes will also help in keeping your BP controlled.

What are the causes of hypertension?

High blood pressure can be

Primary (essential) Hypertension: In this type no cause for hypertension can be identified. In this, usually genetic or/and environmental factors play a role. It is the

most common form of hypertension and is prevalent in 95% cases.

Secondary Hypertension: Approximately 5% of patients have an identifiable cause eg. chronic kidney diseases, sleep apnea, drug induced, thyroid diseases, associated with pregnancy, renal vascular problem.

What are the risk factors for developing pertension?

A number of conditions elevate blood pressure, especially in predisposed individuals.

- Obesity: This is because obesity is associated with an increase in intravascular volume, elevated cardiac output, activation of the renin angiotensin system and increased sympathetic outflow.
- Excessive salt consumption
- Low potassium intake
- Metabolic syndrome
- Physical inactivity
- Smoking
- Alcohol consumption
- Stress

What are the symptoms of hypertension?

Hypertension is called a “silent killer” because for years blood pressure can be asymptomatic (i.e. no symptoms) till it suddenly causes target organ damage. Target organ damage can lead to visual disturbances, palpitations angina, headaches, transient weakness in various body parts, breathlessness, swelling in face and/or feet or general fatigue.

Do you need any tests?

High blood pressure usually causes no symptoms. Therefore, everyone should have regular blood pressure checks at least every 3-5 years. The check should be more often (at least twice a year) in older people, people who have had a previous high reading and people with diabetes.

If you are diagnosed as having high blood pressure then you are likely to be

examined by your doctor and have some routine tests which include:

- A urine test to check if you have protein or blood in your urine
- A blood test to check that your kidneys are working fine and to check your cholesterol and sugar level
- A heart tracing (an electrocardiogram, also called ECG)
- Eye check & fundus examination
- Echocardiogram

What are the complications of high blood pressure?

Over time high blood pressure can cause problems in other parts of the body because of the damage to the blood vessels.

- Stroke
- Coronary heart disease (angina, myocardial infarction)
- Cardiac arrhythmias (missed or extra beats)
- Heart failure
- Carotid artery blockage
- Aneurysms
- Peripheral artery blockage (lower limbs)
- Visual impairment
- Renal impairment

How VLCC experts can help you manage your condition?

Research studies suggest that the control of hypertension requires an integrated approach which includes weight reduction, nutritional intervention, activity pattern and stress management besides the pharmacological therapy.

This laid the foundation for “REACH”, a program outlined specially for hypertensives and includes guidance on

R – Relaxation techniques

E – Eating plan

A – Activity pattern

C – Control of weight

H – Hypertension management