

## HYPERTENSION FACT SHEET

- Blood pressure is the pressure of the blood in the arteries as the heart pumps it around the body. It is recorded as two numbers, the higher means the pressure in the arteries as the heart squeezes blood out during each beat and the lower number represents the pressure as the heart relaxes before the next beat. ([www.heartfoundation.org.au](http://www.heartfoundation.org.au))
- As a guide normal blood pressure is generally less than 120/80, normal to high is between 120/80 and 140/90 and high blood pressure is 140/90 or higher. ([www.heartfoundation.org.au](http://www.heartfoundation.org.au))
- One in three adults worldwide has raised blood pressure – a condition that causes around half of all deaths from stroke and heart disease.  
[http://www.who.int/mediacentre/news/releases/2012/world\\_health\\_statistics\\_20120516/en/index.html](http://www.who.int/mediacentre/news/releases/2012/world_health_statistics_20120516/en/index.html)
- Globally, hypertension is of major health importance and by the year 2025, hypertension is expected to increase by 60%, affecting 1.6 billion people. <http://www.hbprca.com.au/high-blood-pressure/>
- Every year in Australia, 3% of the adult population develop hypertensive disease that has been documented [Australian National Health Survey, 2004-2005], although the true number may be greater. Anastasia Susie Mihailidou BSc PhD FAHA. Royal North Shore Hospital and The University of Sydney.
- Hypertensive patients whose clinical blood pressure (BP) remains persistently high despite being prescribed appropriate multiple medications, so-called resistant, account for 10% of hypertensive subjects referred to specialized clinics. Josep Redon, Research Institute INCLIVA, University of Valencia
- The morning period has been recognized as the highest risk period of the day for cardiovascular events, particularly stroke. This time is also associated with a rapid surge in blood pressure which has been recognised as a risk factor for predicting stroke independent of the absolute level of blood pressure. Geoffrey A. Head, Baker IDI Heart and Diabetes Institute
- High blood pressure is a major risk factor for coronary heart disease, stroke, heart failure, peripheral vascular disease and renal failure. The risk of disease increases as the level of blood pressure increases. <http://www.aihw.gov.au/high-blood-pressure/>
- On average, blood pressure is higher in men than women and so hypertension is also more frequent in men. Age is another reason why blood pressure rises, particularly in Western cultures where it is probably related to lifestyle and the middle age spread. <http://www.hbprca.com.au/high-blood-pressure/>
- Data from the 2004-05 study of general practice activity in Australia show that high blood pressure is the most common problem managed by general practitioners, accounting for 6% of all problems managed. <http://www.aihw.gov.au/high-blood-pressure/>
- Hypertensive disorders affect 10–22% of pregnancies and have been classified into four conditions, reflecting potential differences in aetiology and pregnancy outcomes: chronic hypertension, gestational hypertension, pre-eclampsia–eclampsia and pre-eclampsia superimposed on chronic hypertension. Eclampsia means seizures experienced during pregnancy with women who have no history of convulsions. [www.australianprescriber.com/magazine/35/2/47/5](http://www.australianprescriber.com/magazine/35/2/47/5)