

High Blood Pressure in Young Adults

Certain factors unique to young women can increase the risk of high blood pressure and should be considered during blood pressure checks and management:

- Birth control pills, pregnancy, assisted reproductive technology, infertility treatments

High Blood Pressure During Pregnancy

Blood pressure changes throughout pregnancy:

- **First trimester:** May go slightly above or below 120/80 mmHg.
- **Second trimester:** 140/90 mmHg or higher is considered high.
- **Third trimester:** 140/90 mmHg or more, along with protein in the urine, may indicate preeclampsia.

Pregnancy Complications Due to High Blood Pressure

High blood pressure during pregnancy can lead to:

- Placental abruption (separation of the placenta), poor fetal growth, preterm birth, and low birth weight.

Conditions to watch:


- **Gestational hypertension:** When blood pressure is greater than or equal to 140/90 mmHg after 20 weeks and usually resolves within 6 weeks post-delivery.
- **Preeclampsia:** Begins to resolve within 2 weeks after birth, fully clears by 12 weeks.
- **Postpartum cardiomyopathy:** A heart condition that typically resolves within 12 weeks postpartum.

Contact Us Today!

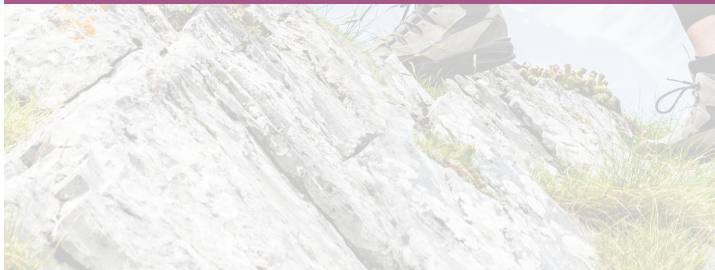
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HIGH BLOOD
PRESSURE IN
WOMEN ACROSS
THEIR LIFESPAN



High Blood Pressure as Women Age

- **Perimenopause:** Lower estrogen can raise blood pressure, and hot flashes can increase both day and night.
- **Menopause:** Hormonal changes cause salt sensitivity and weight gain, both of which raise blood pressure.
- **Post menopause:** Higher body weight, body fat changes, and androgen production can increase blood pressure and stiffen arteries. Around 75% of women over 60 have hypertension.

Health Risks from High Blood Pressure

- **Stroke:** One of the most serious risks.
- **Heart attack:** Caused by buildup of cholesterol and fat in the heart's arteries.
- **Kidney disease:** Blood vessels in the kidneys narrow, harden, and weaken.
- **Vision problems:** Damage to eye blood vessels can cause blurred vision or even vision loss.
- **Sexual dysfunction in women:** May cause dryness and lower sexual arousal.



Symptoms of High Blood Pressure

Watch for these signs:

- Headaches
- Feeling tired
- Shortness of breath
- Chest pain that may spread to shoulders, arm, or jaw
- Heart issues such as irregular rhythm, palpitations, or fast heartbeat
- Nausea, vomiting, confusion, nosebleeds, dizziness, body tremors, sweating, or fluid buildup

High Blood Pressure - Women 65 and Older

High blood pressure is more common in women than in men after age 65. This increase is linked to a drop in nitric oxide, a substance that helps keep blood vessels flexible. After menopause, blood vessels become less able to widen properly, which can lead to higher blood pressure.

Health Conditions That Worsen High Blood Pressure

- Diabetes
- Obesity
- Chronic pain
- Smoking
- Alcohol abuse
- Sedentary lifestyle

Blood Pressure Goals:

- **All adults:** Below 130/80 mmHg
- **Ages 18-39:** 110/68 mmHg
- **Ages 40-59:** 122/74 mmHg
- **Ages 60+:** 139/68 mmHg

See your Doctor!

It's important to work with your primary care doctor to:

- Manage symptoms
- Find ways to lower blood pressure
- Plan for preventing high blood pressure

Ways to Lower High Blood Pressure

- Quit smoking
- Exercise regularly
- Reduce salt in your diet
- Limit alcohol
- Practice ways to reduce stress
- Keep a healthy weight

Tips to Prevent High Blood Pressure

- Check your blood pressure regularly
- Maintain a healthy weight or lose weight if needed
- Eat a balanced diet with fewer processed foods
- Limit salt intake
- Aim for 150 minutes of physical activity each week