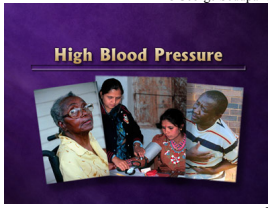


High Blood Pressure

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©George Sedupane



1

Today we are going to talk about high blood pressure.

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2

There was a family who lived in a village. The father and mother worked in the fields and the younger children stayed at home with their grandmother.

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3

One day, while the family ate their evening meal, they noticed that grandmother suddenly became confused and could not speak properly.

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4

When she tried to get up she almost fell, and father had to hold her up.

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5

They laid her on the floor and tried to give her some water to drink, but she choked badly. After this she fell asleep and they could not wake her up.

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6

Father immediately ran to call the nurse that lived near them.

High Blood Pressure



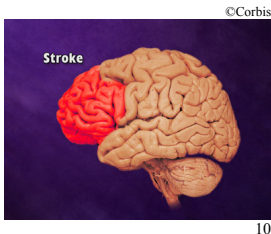
When she came, the grandmother was still sleeping. The nurse measured her blood pressure with a special machine and said that it was very high, and that they needed to take her to the hospital quickly.



When they got to the hospital, the doctor said that there was some bleeding inside grandmother's head because her blood pressure was very high.

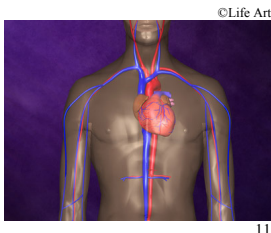


The next day, when the family came to visit, they saw that the right side of her body could not move and that she could not speak properly. The family was very worried. Was grandmother ever going to get better?



The grandmother suffered from a disease called "stroke". A small pipe that carries blood burst inside her head, letting the blood spill out inside the brain.

This can happen when the blood pressure gets very high.



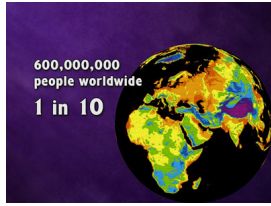
High blood pressure can burst blood pipes in the body. This can be very dangerous and may even kill.

Today we are going to learn more about high blood pressure.



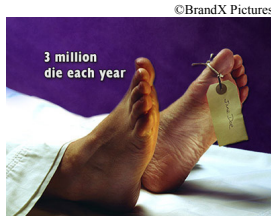
You may be surprised to hear that there are more than 600 million people in the world with high blood pressure.¹

High Blood Pressure



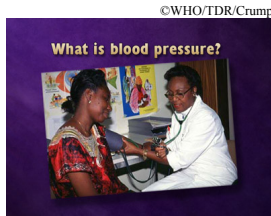
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This means that 1 in every 10 persons could be suffering from this disease.



14

You may think that it doesn't really matter that all these people have high blood pressure, but did you know that every year 3 million people die from it?



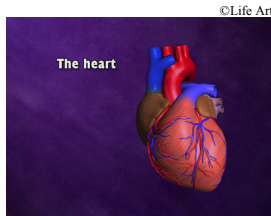
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To keep in good health we should understand what blood pressure is.



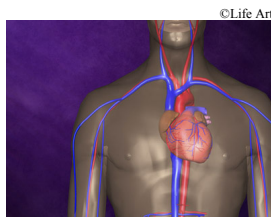
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We all have blood inside of our bodies. The blood runs inside pipes called veins and arteries. You can see some of these pipes on the back of your hands.



17

The heart pumps the blood and keeps it moving inside the pipes.



18

These pipes take the blood to all parts of the body. This happens day and night without stop.

The blood inside of these pipes has pressure. This means that if there is a cut in one of the pipes, the blood will squirt out of the body.

High Blood Pressure



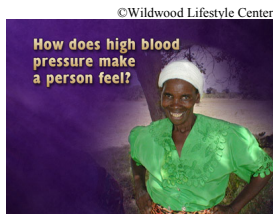
A health worker can see how much pressure you have in your blood by using a special machine.



When the blood pressure goes above 140/90 a few times, we can say that the person has high blood pressure.



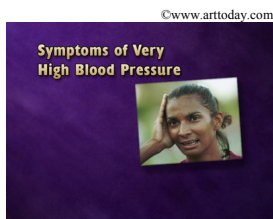
A normal, healthy blood pressure for an adult man or woman is usually around 120/80 or less.



How does high blood pressure make a person feel?

A person may have high blood pressure without feeling sick at all. They may feel fine and live for years without knowing they have the disease.

This is very serious because high blood pressure can destroy the body without a person even knowing it!

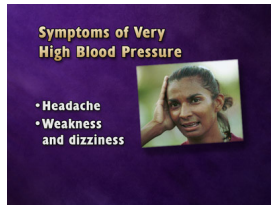


Sometimes when the blood pressure is very high, it makes a person feel sick with:



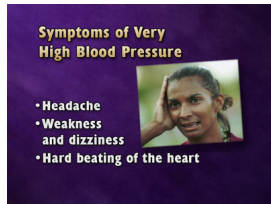
- Headache

High Blood Pressure



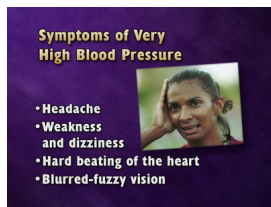
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- Weakness and dizziness



26

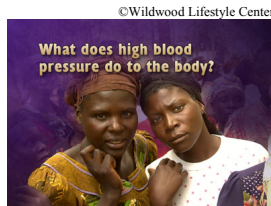
- Hard beating of the heart (or)



27

- Blurred-fuzzy vision

These signs are very serious and a person should go to a health worker immediately to measure their blood pressure. If they don't get treatment quickly they may get very sick or even die.



28

What does high blood pressure do to the body?

- Here are a few examples:



29

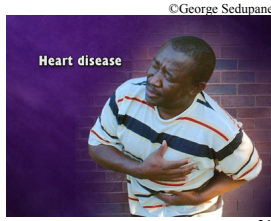
It can cause strokes, just like it happened to the grandmother in the story. A blood pipe can block or burst inside the head,



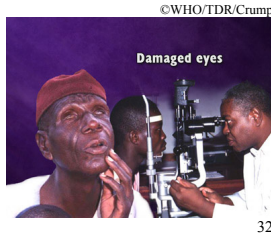
30

... then the person may become paralyzed or even die.

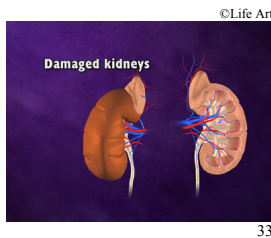
High Blood Pressure



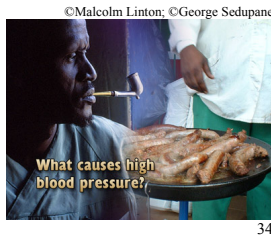
Heart disease can also be caused by high blood pressure. The pipes of the heart can become blocked and the heart may get very weak and tired, after pumping so hard for a long time.



High blood pressure can damage the eyes. If the blood pressure is too high, the person may become blind.



The kidneys may also become damaged. This is very serious and sometimes people need to have their blood cleaned by a machine when the kidneys stop working.



What causes high blood pressure?

Almost everyone who has high blood pressure gets it because of the **way they live**.

That's right! What we eat, how heavy we are, if we smoke and drink, what we think about, all can make the blood pressure go up.



Many people get high blood pressure because they weigh too much. When the body is very big and heavy, the heart has to pump much harder to keep the blood moving.



Smoking is very bad for blood pressure. Every time a person smokes, the blood pressure goes up.

High Blood Pressure



©Artville

Alcohol can also make the blood pressure go up. This may happen even when a person drinks only a little bit.

37

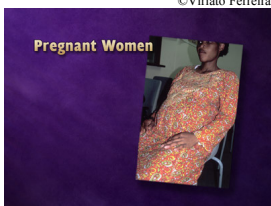


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Coffee and tea

What about coffee and tea? They too can make the blood pressure go up!

38



©Viriato Ferreira

Pregnant Women

Sometimes pregnant women also get high blood pressure. Many times they don't feel sick at all. But when the blood pressure gets very high they may start feeling...

39



Pregnant Women

- Weak
- Dizzy
- Headache

- Weak and
- Dizzy, and get a Headache.

40



Pregnant Women

- Weak
- Dizzy
- Headache
- Swollen legs
- Bad eyesight

- In addition, the legs can swell up and they may stop seeing well. This **is** very dangerous for the mother and the baby.

41



©WHO/TDR/Mark Edwards

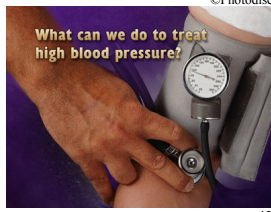
Get help immediately!

A woman who feels like this must get help from a health worker immediately. She must not wait at home for it to get better. If she doesn't get treatment quickly she and the baby may die!

42

This is one reason why pregnant women should see a health worker every few weeks, to make sure that everything is normal.

High Blood Pressure



43

What can we do to treat high blood pressure?



44

If the blood pressure is very high, a health worker may give medicines to lower it. But it is very important to know that...



45

...these **medicines alone** are not enough to treat blood pressure. We need to do our best to take care of our health.

There are many simple things we can do to prevent and to treat high blood pressure. Here are a few of them:



46

Do not smoke. Smoking raises blood pressure.



47

Do not drink alcohol, coffee or tea.



48

Prepare your food with little salt or even without salt.

High Blood Pressure



49

Be active with your muscles, like working in the fields, carrying water and walking.



50

Avoid getting angry or worried a lot. Many times we can walk away from things that make us angry. God is ready to help us do this if we will only ask Him.



51

If you are too heavy, losing weight is very important.

By following this way of living many people's high blood pressure will return to normal again. Most of the time medicines are **not** needed.



52

There is also a treatment with water that can help to lower the blood pressure. Here is what you can do.



- First, dip a towel in hot water



- Wring out the extra water and

High Blood Pressure



- Wrap it around the bottom part of your back (over the kidney area).



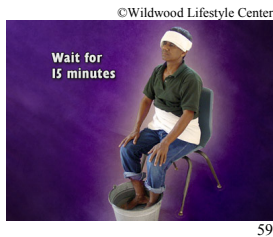
- Fill a bucket with hot water (not too hot; less heat for diabetics)



- Put your feet inside the bucket.



- Put a small towel with cold water on your forehead.



Wait like this for 15 minutes.

- You may need to do this treatment 2 or 3 times a day. It can be very effective and can help prevent much sickness.



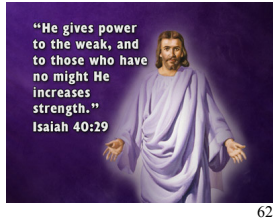
Now you know a lot about high blood pressure and how you can help yourself and others to prevent it.

Making changes and giving up harmful habits can be difficult at first.

High Blood Pressure



But remember, God cares about your health, and He wants to help you live a healthy life. The Bible promises,



“He gives power to the weak, and to those who have no might He increases strength.”
Isaiah 40:29

“He gives power to the weak, and to those who have no might He increases strength.” Isaiah 40:29 NKJV

Let’s believe God’s promise and experience the blessings of a happier, healthier life.

¹ The World Health Organization