

Hypertension and Stroke -A Nutrition Perspective

Vegetarian Food Instructors Course
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Hypertension (High Blood Pressure)

- 1/3 of US adults have high blood pressure
 - 2/5 of African Americans
 - 1/5 Hispanics & Native Americans
 - 1/6 Asians
- Results in increased risk of stroke and heart disease

High Blood Pressure Is a Silent Killer

- Early detection, treatment and control are important.

What is High Blood Pressure?

- Blood Pressure is measured using a blood pressure cuff
- Normal readings are 120/80
- Systolic pressure greater than 140 and diastolic pressure greater than 90

Complications of High Blood Pressure

- Those who have high blood pressure are 4 to 6 times more likely to have a stroke.

Complications of High Blood Pressure

- Atherosclerosis and hardening of the large arteries.
- In turn, this leads to blockage and weakening of small blood vessels in the brain causing them to balloon and burst

Two Types of Stroke

- 1. Ischemic stroke: clots stop blood flow
 - 80% of strokes are of this type
- Hemorrhagic stroke: bursting of blood in the brain
 - 20% of stroke are of this type

Transient Ischemic Attack

- TIA: A mini-stroke warning of an impending stroke

Factors Leading to Hypertension

- 1. Uncontrolled diabetes
- 2. High total cholesterol greater than 200
- 3. Alcohol
- 4. Overweight

Lifestyle Changes Necessary

- 1. Eating more fruits, vegetables, whole grains, and low fat dairy products.
- 2. Cutting down on saturated fat
- 3. Reducing weight.

Lifestyle Changes Necessary

- 4. Increase physical activity
- 5. Eliminate alcohol
- 6. Reduce dietary salt intake
- 7. Increase potassium intake

How to Reduce Sodium in the Diet

- Limit prepared foods in the diet
- Make better use of herbs, garlic, and onion
- Taste your food before salting
- Use pepper shaker for salt. It has smaller holes.

For More Information

- WebMD
- American Society of Hypertension
- Johns Hopkins
- Mayo Clinic
- National Heart, Lung and Blood Institute