

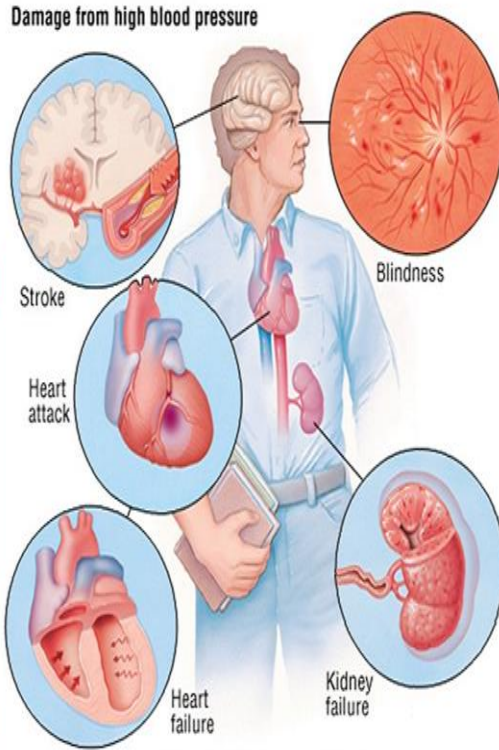
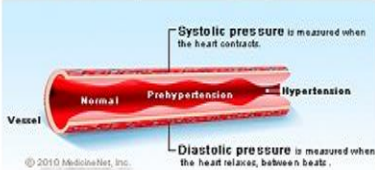


## Organ damage in teens due to hypertension?!



Arterial Hypertension is the increase in systolic and diastolic blood pressure more than normal but did you know that its relevant in teens just as much as adults ????

Blood Pressure(mmHg)	Systolic (Upper number)	AND	Diastolic (Lower number)
Normal	Less than 120	AND	Lower than 80
Pre-Hypertension	120-139	OR	80-89
Hypertension(Stage1)	140-159	OR	90-99
Hypertension(Stage2)	160 or greater	OR	100 or greater
Hypertension Crisis (Needs Emergency Care)	Greater than 180	OR	Greater than 110 OR End organ damage



- Which teens are at risk?
- Obesity
  - High Stress
  - Alcohol
  - Oral Contraceptives
  - Smoking
  - Lack of Physical activity

### Prevention

- Feed your heart healthy food
- Quit Tobacco smoking
- Have regular physical activity

"The A.H.A conducted a study that found that HTN caused heart and vessel damage in the 80<sup>th</sup> percentile of teens they experimented with."