THE HEART FAILURE PATIENT FOUNDATION

Patient Tip Sheet

MANAGING HIGH BLOOD PRESSURE AND HF

Heart failure is a syndrome in which the heart is not able to pump enough blood to meet the needs of the body. There are many causes and types of heart failure.

What is unique about High in patients with HF?
 is the measurement of the pressure or force inside your blood vessels (arteries) with each heartbeat. High means that the pressure in your arteries is above the normal range. A reading at or over 140/90mmHg is considered high blood pressure. As time goes on, the strain on your heart caused by high blood pressure can cause your heart muscle to have difficulty and work less efficiently. This can eventually overwhelm your heart and cause it to fail. High blood pressure is the most common modifiable risk factor for the development of HF. Treatment of high blood pressure in patients with HF must take into account the type of HF . Establishing the type of HF is important because it determines which type of medications are the best to treat hypertension and heart failure used.



Tips that may be helpful:

- Get regular checks ups
- Take your blood pressure regularly and check your own blood pressure at home as recommended by your health care provider
- Before taking your blood pressure - don’t smoke, drink caffeinated beverages or exercise 30 minutes before taking your blood pressure
- How to take a blood pressure
  - Make sure the cuff fits
  - Be still
  - Sit correctly
  - Sit with your back straight and supported, feet flat on the floor, legs uncrossed
  - Take at the same time each day
  - Accurately record your readings
- Take your medications every day as prescribed and don’t run out of your medications
- Quit smoking. Nicotine in tobacco can increase your blood pressure
- Exercise most days of the week
- Reduce stress
- Follow the DASH diet (dietary approaches to stop hypertension
- If you are overweight lose weight to lower your blood pressure

Remember:

Review all medicines with your health care provider (including over-the-counter, vitamins, or herbs). Some medicines can make your heart failure worse, so avoid:

  - Nonsteroidal anti-inflammatory drugs (NSAIDS)
  - Calcium channel blockers (unless prescribed by your HF physician)

- Weigh yourself daily
- Limit your salt
- Try to exercise each day
- Take your medicines as prescribed
- Keep all of your visits with your health care providers