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\*A unit of Alps Hospital Pvt Ltd.

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# Max Chronic Care Programme for Hypertension (High Blood Pressure)



**Max**  
**Healthcare**

Caring for you... for life

## Hypertension

High blood pressure is also known as hypertension. It affects 1 out of every adults in urban India. Nationwide, approximately million people are estimated to have hypertension. Despite this, one half of all hypertensives are unaware of their diagnosis and half of those on treatment are inadequately controlled.

Hypertension has been named a 'silent killer' due to the serious nature of the complications that can result from poor management. Uncontrolled high blood pressure can cause significant damage to various parts of the body. High blood pressure will not simply go away. Ignoring it is dangerous. However, with just a little care you can control it and a normal life.

The Max Chronic Care Programme on hypertension brings to you international standards and trends in the screening, diagnosis and management of high blood pressure.

This brochure will provide you with well researched facts and information on:

- What is blood pressure?
- How is blood pressure measured?
- High blood pressure
- Causes of high blood pressure
- Symptoms of high blood pressure
- Risks of high blood pressure
- Prevention and treatment of high blood pressure
- Max Chronic Care Programme for hypertension

## What is Blood Pressure (B.P.)

With each heartbeat, blood is pumped into channels called 'arteries' which circulate the blood to all the parts of our body. Blood Pressure (B.P.) is the force exerted against the walls of the arteries. When this pressure exceeds a certain limit, it is called high blood pressure or 'hypertension'.

## How is B.P. measured?

Traditionally, a device called "Mercury Sphygmomanometer" is used. A cuff is inflated over the upper arm and gradually allowed to deflate while the nurse listens over the artery in your arm for a sound that initially appears and later disappears. The first sound is the 'systolic pressure' or top number which indicates the maximum pressure generated when the heart is beating. The disappearance of this sound is the 'diastolic pressure' or 'bottom number' which represents the low point in pressure as the heart is relaxing between beats.

## Additional Benefits

Subscription to the Annual Hypertension programme will entitle you to:

- 50% off on 2 additional consultants throughout the year with the specialist
- Hypertension record book
- Educational literature and sessions

## Follow-up Programme

If you have already had a complete assessment of your hypertension status and do not require the Initial Assessment, you can sign up for the Follow-up programme as outlined above in the Annual Programme

## Annual Programme

The Annual Programme has been scientifically designed to help you manage your ailment and its complications to lead a better and a healthier lifestyle.

The Programme consists of:

- Initial Assessment - as mentioned earlier
- Follow-up Programme which has 3 follow-up visits

### 1st Follow-up Visit (3 months after the visit 1)

- Consultation with your specialist
- Investigation
  - Urine routine

### 2nd Follow-up Visit (3 months after the 1st Follow-up visit)

- Consultation with your specialist
- Investigation
  - Urine routine

### 3rd Follow-up Visit (3 months after the 2nd Follow-up visit)

- Consultation with your specialist
- Counselling by the dietician
- Investigations:
  - Blood
    - Complete Haemogram
    - Lipid Profile
    - Renal Profile
- Urine routine
- ECG

$$\text{B.P.} = \frac{\text{Systolic pressure}}{\text{Diastolic pressure}}$$

## High Blood Pressure

Blood pressure is considered high if the average of the 3 readings reveals that either the systolic pressure exceeds 140 mmHg or the diastolic pressure exceeds 90 mmHg. BP is normal if, without any treatment, the systolic pressure is less than 130 mmHg and the diastolic pressure is less than 85 mmHg. However, intermediate readings with systolic pressures of 130-139 mmHg and diastolic pressures of 85-89 mmHg indicate 'high-normal' B.P. which carries a 1 in 3 risk of progressing onto fixed hypertension.

## Causes of High B.P.

The majority of adults with hypertension have a genetic tendency (i.e. First degree family members have the condition) together with contributory lifestyle factors which include:

- Obesity
- Lack of alcohol
- Excess of alcohol
- High intake of dietary salt
- Emotional and physical stress

However, underlying disease of the kidneys or certain hormonal imbalances may also lead to hypertension.

## Symptoms of High B.P.

Mild to moderately high B.P. Generally has no symptoms. However, in some cases, there may be symptoms such as:

- Recurrent headaches
- Blurred vision
- Dizzy spells

These must not be ignored.

The only way to find out if your B.P. is high is to get it measured.

## Risks of High B.P.

Uncontrolled hypertension is a serious medical condition. If left untreated, it leads to:

- 3-fold increased risk of heart attacks
- 6-fold increased risk of heart failure
- 7-fold increased risk of stroke / paralysis
- Loss of vision

## Prevention and Treatment of High B.P.

High B.P. May not be 'cured' but it can be effectively controlled. Lifestyle modifications help in reducing B.P. Independently of medications and also are the key to prevent hypertension. Such lifestyle modifications include:

- Weight reduction, if overweight - losing even 4 to 5 Kgs help in lowering B.P.
- Regular physical exercise. Brisk walk of 30-45 minutes daily is recommended
- Reduction of salt in the diet
- Having a diet rich in fruits, vegetables and low fat dairy products
- Limiting alcohol and excessive caffeine intake, quitting smoking
- Stress reduction

The goal of the treatment is to have a B.P. Of 130/85 mmHg and somewhat lower at 120/75 for patients suffering from diabetes , heart diseases or kidney diseases.

Your doctor at Max Healthcare will help in deciding which medication is the most appropriate and has the least side effects for you. Never abruptly discontinue B.P. Lowering medication without the advice of the doctor.

## The Max Chronic Care Programme on Hypertension

At Max Healthcare, we have designed a special Chronic Care Programme for High Blood Pressure to help you manage your ailment in a regular and disciplined way.

The programme includes consultation, investigation and regular follows-ups with the specialist. This programme is available, by appointment at the Max Hospital™ and Max Medcentre.™

Your Hypertension team at Max Healthcare consists of:

- Specialist
- Dietician

We have the following programmes to help you manage your Hypertension:

- Initial Assessment
- Annual Programme
- Follow-up Programme

## Initial Assessment

### Visit 1

#### Consultation

- Consultation with your specialist
  - Complete medical history and review
  - Screening for complications
- Consultation with the dietician on diet and exercise

#### Investigations

- Blood
  - Complete Haemogram
  - Sugar (fasting and PP)
  - Lipid profile
  - Renal profile
- Chest X-ray
- ECG
- Urine Routine (including microscopy)

### Visit 2 (within 2 weeks)

- Consultation with your specialist
- Review of investigations and formulation of individualised treatment plan
- Review for any further queries & re-emphasis on lifestyle modifications