



NL Health Services

Cardiovascular
and Stroke Care

FACT SHEET

Pressure Under Control, Circulation Protected

What is Hypertension

Hypertension (high blood pressure) occurs when the force of the blood against the artery walls is consistently too high.

Overtime, this increased pressure can:

- Damage blood vessels
- Increase risk of heart disease, stroke, and Peripheral Vascular Disease (PVD)

How Hypertension Affects Blood Vessels

High blood pressure puts stress on the artery walls, leading to:

- Damage to the inner lining of the vessel
- Reduced ability of arteries to relax and widen
- Inflammation and increased strain on the body

This can then result in:

- Plaque buildup
- Narrowed arteries
- Reduced blood flow, especially to the legs and feet
- Pain, discoloration, and wounds

Signs and Symptoms of PVD

Peripheral vascular disease may not always show obvious symptoms. Watch for:

- Leg pain when walking
- Slow-healing wounds on the legs or feet
- Cold, pale, or discoloured limbs

Blood Pressure Goals

A general target for many adults:

- Less than 130/80 mmHg

*Always follow your healthcare provider's personalized recommendations





Pressure Under Control, Better Circulation

Reducing Your Risk of Complications

Managing blood pressure helps prevent:

- Poor circulation
- Ulcers and infections
- Amputation
- Heart attack and stroke

Healthy Lifestyle Changes

Lifestyle plays a key role in blood pressure control:

- Eat a healthy, low-sodium diet
- Be physically active
- Maintain a healthy weight
- Limit alcohol intake
- Quit smoking

Small changes can have a big impact on your circulation.

Monitoring Your Blood Pressure

- Use a home monitor (if available)
- Check at the same time each day
- Sit and rest before measuring
- Keep a record of your readings
- Share results with your healthcare provider

Follow-Up & Ongoing Care

- Attend regular check-ups
- Continue monitoring your blood pressure
- Take medications as directed
- Manage other conditions as well (i.e., diabetes, high cholesterol, etc.)

Keeping your blood pressure under control is one of the most important ways to protect your circulation and prevent serious complications

**Pressure under control =
circulation protected**

Medications: Why They Matter

- Early management leads to better outcomes
- Reduces pressure on artery walls
- Helps vessels to relax and widen
- Lowers plaque formation
- Protects other vital organs (brain, kidneys, heart)
- Prevents silent damage

