

# Blood Pressure Levels in Adults

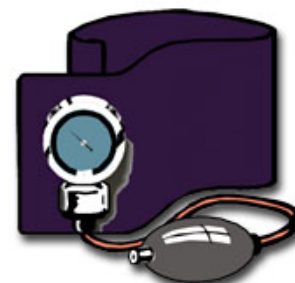
(Ages 18 Years and Older)

Category	Blood Pressure Level (mmHg)		
	Systolic		Diastolic
Normal	< 120	and	< 80
Pre-hypertension	120-139	or	80-89
<b>High Blood Pressure</b>			
Stage 1 Hypertension	140–159	or	90–99
Stage 2 Hypertension	≥ 160	or	≥ 100

< means LESS THAN; ≥ means GREATER THAN OR EQUAL TO

## What Is Blood Pressure?

Blood pressure is the force of blood against the walls of arteries. Blood pressure is recorded as two numbers—the systolic pressure (as the heart beats) over the diastolic pressure (as the heart relaxes between beats).

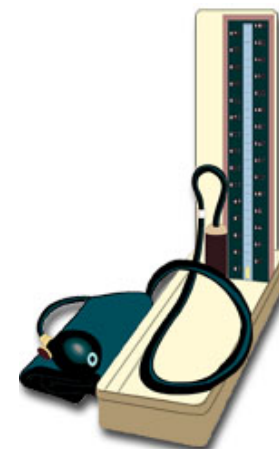


## High Blood Pressure

High blood pressure indicates that the heart is working harder than normal and putting both it and the arteries under a greater strain. This increases your chance for getting heart disease and/or kidney disease, and for having a stroke. It is especially dangerous because it often has no warning signs or symptoms. Anyone can develop high blood pressure. It is estimated that one in every four American adults has high blood pressure. Once high blood pressure develops, it usually lasts a lifetime. You can prevent and control high blood pressure by taking action.

## What Causes High Blood Pressure?

Causes may include narrowing of the arteries, a greater than normal volume of blood, or the heart beating faster or more forcefully than it should. Any of these conditions will cause increased pressure against the artery walls. Other risk factors may include being overweight, race (African-Americans are at higher risk), sex (men more likely, except women after menopause), diet (heavy sodium intake, alcohol and caffeine tend to increase blood pressure), a family history, age (the older the more likely), smoking, and stress.



## Prevention

You can take steps to prevent high blood pressure by adopting a healthy lifestyle. These steps include maintaining a healthy weight; being physically active; following a healthy eating plan, that emphasizes fruits, vegetables, and low-fat dairy foods; choosing and preparing foods with less salt and sodium; and, not drinking alcoholic beverages.

## Treatment of High Blood Pressure

It is important to take steps to keep your blood pressure under control. The treatment goal is blood pressure below 140/90 and lower for people with other conditions, such as diabetes and kidney disease. Adopting healthy lifestyle habits is an effective first step in both preventing and controlling high blood pressure. If lifestyle changes alone are not effective in keeping your pressure controlled, you should seek medical advice.

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Reference: <http://www.nhlbi.nih.gov/hbp/detect/categ.htm>

# Using Charcoal

Charcoal is made out of wood burned in the absence of oxygen. The resulting large surface area gives it a high adsorbing power that is highly effective in removing poisons, gases, drugs and germs. The charcoal sold in local drugstores is normally activated with high pressure and steam in order to increase the surface area and achieve even greater adsorbency. Charcoal is available in tablets, capsules, and powder.

## Charcoal Poultice

Made from charcoal powder.

Used for: Bee stings, insect bites, abscesses, infections, inflammations, earache, pain.

### Supplies needed:

- 1" wide tape
- Plastic wrap or other plastic
- Cloth cut to size needed or chux (blue underpad)
- Spoon
- Plastic disposable cup or glass bowl (charcoal stains plastic)
- Charcoal powder (1 tbs)
- Warm water (2/3 tbs)
- Flax or psyllium seed (1/3 tbs)

### To prepare:

1. Mix charcoal powder, flax seed, and warm water, adding more water if needed until charcoal mixture becomes the consistency of thick jelly.
2. Cut material one inch larger than desired size to allow for tape. Place on plastic wrap or other plastic the same size. (If using chux, skip to step 3).
3. Spread charcoal mixture thick enough, cover half of the cloth and fold over. Allow 1 inch border for tape. When using chux, lift the blue thin layer and spread on the white quilted surface; then replace the thin blue top layer.
4. Seal outer edges with tape
5. Place poultice on area, covered with plastic and secure with tape or ace bandage.

Poultices may be left in place overnight

## Charcoal Drink

### Used for:

1. Gastrointestinal upset (Nausea, vomiting, diarrhea, heart-burn)
2. Stomach pain (ulcer)
3. Intestinal gas
4. Poisoning
5. Neonatal jaundice

### To prepare:

Mix powdered charcoal in water, 1-4 Tbsp. depending on concentration desired, and reason for taking charcoal drink. Charcoal capsules, or tablets may be used as well (if powder not available).

# Using A Heating Compress

A heating compress is a cold wet cloth applied to a part of the body and covered with soft wool flannel. After a brief cooling stage the body increases circulation in the area which warms the compress and gives the effect of a mild application of heat. This increase in circulation continues for the entire time it takes to dry the wet cloth.

You may use heating compresses for a sore throat or tonsillitis, for colds, pneumonia, whooping cough, croup, and similar illnesses. Applied to a joint it may help in reducing pain and inflammation of arthritis or rheumatic fever.

As the compress is worn sweating generally occurs, this will also assist in muscle relaxation. The heating compress is left for several hours or over night.

When the compress is removed apply cold to the area to finish the treatment.

## **Articles needed for heating compress:**

- 1. Cotton cloth of at least two thicknesses (a 2" wide strip for neck compress)**
- 2. Soft wool flannel cloth that will be wrapped over the cotton cloth**
- 3. Safety pins**
- 4. Wool flannel vest for chest application**

## **Procedure:**

- 1. Wring cotton cloth from cold water and apply to the area desired (neck for sore throat, chest or other affected area)**
- 2. Cover well with wool flannel, fit snugly but not too tightly; it must be comfortable**
- 3. Pin securely taking care to protect the person by placing your fingers inside the compress while pinning**
- 4. Use the compress for at least 30 minutes, normally overnight**
- 5. When removing the compress wipe the area with a cold wet cloth and dry thoroughly**

# Hot Foot Bath

The hot foot bath is one of the most useful of all hydro therapy treatments. It requires no special equipment since it uses items every household already has.

The main effect of the treatment is an increased circulation of the feet and legs, which may relieve congestion in other parts of the body, such as the brain, the lungs, or the abdominal organs. Not only does this help clear congestion it also helps equalize the circulation. In addition to that, the treatment induces sweating and a general warming of the body. This helps to strengthen the immune system making it an excellent procedure for the prevention and treatment of colds and flu.

## **Indications for a Hot Foot Bath:**

- 1. To prevent or shorten a cold**
- 2. To relieve aches and pains of flu**
- 3. To relieve headache**
- 4. To stimulate circulation when the feet are cold**
- 5. To promote relaxation**
- 6. To relieve menstrual cramps**

## **Articles Needed:**

- 1. A foot tub (deep bucket or pan)**
- 2. Large pitcher for adding hot water**
- 3. A bath towel**
- 4. Boiling water**
- 5. Basin of cold water (with or without ice)**
- 6. A sheet**
- 7. One or two blankets**

## **Procedure:**

1. Use a warm room free from drafts for the treatment
2. Put a towel under the bucket on the floor.
3. Wrap the patient in a sheet and a blanket and have him sit on a chair. If needed you can do the treatment on a patient lying in bed, just protect the bed with a plastic.
4. Put enough hot water in the bucket or pan to cover the feet well above the ankles. Test the water with your elbow to be sure it will not be too hot.
5. Fill the pitcher with boiling water and keep on hand for keeping the water hot in the basin. To avoid burning the person, put your hand between the feet of the patient and the newly added water. This way you can feel for yourself the temperature.
6. Place a cold cloth on the person's head, and change frequently thus keeping them comfortable
7. The treatment may last ten minutes to 30 minutes.
8. To end the treatment pour cold water over the feet and then place them on a towel. Dry the feet thoroughly.
9. Have the person rest for at least half an hour after this treatment for the best results.

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