

**GUIDELINES
for
BLOOD PRESSURE,
RISK FACTORS,
LIFE SYLE MODIFICATION**

**ISSUED in 2003 BY
JOINT NATIONAL COMMITTEE
and
EUROPEAN SOCIETY of HYPERTENSION
In the interest of public**

BLOOD PRESSURE

CATEGORY	SYSTOLIC		DIASTOLIC
NORMAL	< 120	and	< 80
PRE-HYPERTENSION	120 – 139	or	80 – 89
HYPERTENSION STAGE-I	140 - 159	or	90 – 99
STAGE-II	> 160 - 179	or	100 - 109
STAGE-III	> 180	or	> 110

RISK FACTORS

MAJOR RISK FACTORS	TARGET ORGAN DAMAGE
BP	
SMOKING	
OBESITY	
INACTIVITY	➤ HEART
HIGH BLOOD LIPID	➤ BRAIN
DIABETES	➤ CHRONIC KIDNEY DISEASE
PROTEIN IN URINE	➤ PERIPHERAL ARTERY DISEASE
AGE : Men > 55, Women > 65	➤ CHANGES IN THE RETINA OF EYES
FAMILY HISTORY of CARDIOVASCULAR DISEASE	

LIFE STYLE MODIFICATION

MODIFICATION	RECOMMENDATION
WEIGHT REDUCTION	Maintain normal body weight (BMI < 24.9)
DIETARY CHANGES	Increase fruits, vegetables, Reduce dairy fat products, decrease total fat and saturated fat
LESS SALT INTAKE	2.4 gms Sodium or 6 gms of NaCl
PHYSICAL ACTIVITY	Engage in most of the days 30 minutes per day aerobic activity (brisk walk)
MODERATE ALCOHOL	Limit alcohol drink to 720 ml beer / 30 ml wine / 60ml of whiskey per day

WHAT IS YOUR BMI ?

CATEGORY	BMI (Body Mass Index)
UNDER WEIGHT	< 20
NORMAL	20 – 24.9
OVER WEIGHT	25 – 29.9
OBESE	30 – 39.9
SEVERLY OBESE	> 40

U must know your height and weight

HEIGHT in cms	WEIGHT IN Kgs										
	50	55	60	65	70	75	80	85	90	95	100
152	21	23	26	28	30	32	35	36	39	41	43
155	21	23	25	27	29	31	33	35	37	39	42
157	20	22	24	26	28	30	33	35	37	39	41
160	20	21	23	25	27	29	31	33	35	37	39
162	19	21	23	25	27	29	31	33	34	36	38
165	18	20	22	24	26	28	29	31	33	35	37
167	18	20	22	24	25	27	29	31	32	34	36
170	17	19	21	23	24	26	28	29	31	33	35
172	17	19	20	22	24	25	27	29	31	33	34
175	16	18	20	22	23	25	26	28	29	31	33
177	16	18	19	21	22	24	26	28	29	31	32
180	15	17	18	20	21	23	25	27	28	30	31

BMI



SMOKING : choice is yours

With each cigarette : 4000 chemical compounds, 400 toxic substances,
Temp 700^o C at tip, 60^oC in core

Very damaging : Tar, Nicotin, Carbon-monoxide, Particulate matter
High risk in side stream smoke



- 1.7 TIMES MORE CARDIAC DEATHS
- 12 TIMES LIKELIHOOD OF DEVELOPING CANCER
- 2.5 TIMES HIGHER CANCER - MORE OF LUNGS, MOUTH, THROAT
- 9 OUT of 10 REQUIRING BYPASS OPERATION ARE SMOKER/EX-SMOKER
- NICOTINE INCREASES THE AMOUNT OF CHOLESTEROL IN THE BLOOD, WHICH MAY CAUSE THE ARTERIES TO CLOG UP.
- HIGH BLOOD PRESSURE CAUSES HEART ATTACKS AND STROKE.
- SMOKING CAUSES AN ACID TASTE IN THE MOUTH AND CONTRIBUTES TO THE DEVELOPMENT OF ULCERS.
- COUPLES WHO SMOKE HAVE FERTILITY PROBLEMS MORE THAN COUPLES WHO ARE NON-SMOKERS.
- SMOKERS HAVE 25 PER CENT MORE SICK DAYS YEAR THAN NON-SMOKERS.
- SMOKING ALSO AFFECTS YOUR LOOKS: HAVE THICK & ROUGH SKIN.

ALCOHOL

CALORIE COUNT

Beer	500 ml	180
Rum	100 ml	220
Gin	100 ml	220
Whiskey	100 ml	220
Champagne	100 ml	126
Sherry	100 ml	110
Martini	100 ml	75
Bacardi	250 ml	118

A STANDARD DRINK IS :

- 1.5 ounce of WHISKEY, GIN, VODKA, RUM
- 12 ounce of BEER
- 5 ounce of WINE

U ARE AT RISK IF U DRINK MORE THAN -

- 14 drinks/week or 4 drinks at occasion
- if U are more than 65 years
7 drinks/week or 3 drinks at occasion

HEALTH RISKS

- Effects LIVER, PANCREASE, BRAIN, HEART
- RISKS OF MANY CANCERS
- BIRTH DEFECTS



LIPID PROFILE : Where U should be?

	GOOD	FAIR	POOR
CHOLESTEROL	< 200	200 – 240	> 240
TRIGLYCERIDE	< 150	150 - 200	> 200
HDLC	> 45	36 - 45	< 35
LDLC	< 100	100 – 145	> 145
CHOL : HDLC	< 3.3	3.3 - 4.4	> 4.5
HDLC : LDLC	< 0.5	0.5 - 3.0	> 3

OIL : What to use?

POLY UNSATURATED FATTY ACID (PUFA) : Protects the Heart

MONO UNSATURATED FATTY ACID (MUFA) : Lowers the blood

SATURATED FATTY ACID (SFA) : Increases blood Cholesterol,
Triglycerides, and causes blood vessels leading to BP/Heart attack/
Brain

PUFA or MUFA have little to protect than SFA which is more DAMAGING



OIL	PUFA	MUFA	SFA
CANOLA OIL	61	33	4
KUSUMA OIL	75	14	10
SUNFLOWER OIL	72	16	12
OLIVE OIL	13	83	4
SOYABEAN OIL	55	29	16
COTTON SEED OIL	50	19	29

OIL	PUFA	MUFA	SFA
MAIZE OIL	45	16	12
SEASAME OIL	42	38	20
SEASAME OIL	42	38	20
GROUND NUT OIL	28	48	24
MUSTARD OIL	25	-	30
PALM OIL	10	39	51
VANASPATI OIL	6	18	76
DESIGHEE	4	-	28
COCONUT OIL	2	-	98

TIPS on EXERCISES

- Must do regularly – at least 5-6 days a week
- Spend 30 minutes every time
- Fix the schedule of performing exercise – it has been proved by survey that compliance is more when done in morning
- Do not be on full meal – take tea/biscuit/fruit
- Perform 10 minutes of stretching exercises and 20 minutes on brisk walk.
- If you have any pain or discomfort – consult your doctor

How did U like this compilation?

Send your comments

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