



Touching Hearts & Enriching Lives



What is High Blood Pressure?

All blood pressure levels above 120/80 increase your risk for the health problems related to HBP. A level of 140/90 or higher is considered HBP for most adults.

What are the Risk Factors?

- Age: Over half of all Americans ages 60 and older have high blood pressure
- Race: It occurs more often in African American adults and adults of Hispanic ethnicity
- Being overweight
- Gender: It's more prevalent in men than in women
- Family history
- Long-lasting stress
- Unhealthy Lifestyle Habits
 - Eating too much salt
 - Drinking too much alcohol
 - Smoking
 - Not enough potassium in diet
 - Not enough exercise

AARN can help...

- Observation and Assessment
- Patient and Family Education
- Nutrition Education
- Medication Education and Management
- Supportive Care Education of Disease Process
- Alleviation of Stressors and Stress Reduction Factors
- Assistance with ADLs
- Management and Evaluation of Patient Care
- Risk Factor Education
- Lab Collecting and Reporting to Physician
- Ongoing Physician Communication and Coordination of Care
- Goal-Oriented Processes of Care
- Instructions of Daily Weights
- Assessment of Further Complications or Abnormalities
- Individual and Family Counseling
- Home Safety and Emergency Education
- Restorative Therapy (Physical, Occupational & Speech)

Toll Free: 855-485-2220 | Fax: 888-625-4406

www.AARNHealth.com

We treat our patients like family

