

High Blood Pressure



Other names:

- Hypertension
- HBP
- HTN

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The purpose of this guide is to help patients with a high blood pressure and their families to find sources of information and support. This list is not meant to be comprehensive, but rather to provide starting points for information seeking. The resources may be obtained at the Wellness Resource Center, room 2101 in the Cardiovascular Center.

Brochures, Fact sheets

- American Heart Association:
 - *Understanding and Controlling Your High Blood Pressure*. A 24-page brochure
 - *High Blood Pressure*. An easy-to-understand, tri-fold brochure.
- National Heart, Lung and Blood Institute (NHLBI). *Your Guide to Lowering Blood Pressure*.

This booklet provides step-by-step instructions on how to achieve and maintain a lower blood pressure through lifestyle and, if prescribed, medication. It's filled with practical advice about how to find your target weight, use herbs and spices to reduce sodium intake, and even how to remember to take your blood pressure medication.. This booklet may ordered by phone at 301-592-8573 or 240-629-3255 (TTY). A printer-friendly version available at: <http://www.nhlbi.nih.gov/>
- National Heart, Lung and Blood Institute (NHLBI). *Your Guide To Lowering Your Blood Pressure With DASH*.

A 56-page booklet contains a week's worth of sample menus and recipes recalculated using 2005 nutrient content data. Also contains additional information on weight loss and physical activity. This booklet may ordered by phone at 301-592-8573 or 240-629-3255 (TTY). A printer-friendly version available at: <http://www.nhlbi.nih.gov/>

Books

- Buckman, R. W., Patsy. *What you really need to know about high blood pressure*. London: Marshall, 2005.
- Townsend, Raymond R. *100 Q & A about high blood pressure (Hypertension)*. Sudbury, Mass. : Jones and Bartlett Publishers, 2008
- Fortmann, Stephen P. Breitrose, Prudence E. *The blood pressure book : How to get it down and keep it down* (3rd ed.). Boulder, Colo; Berkeley, CA: Bull Pub. Co, 2006
- Heller, M. *The DASH diet action plan*. Northbrook, Ill: Amidon Press, 2005.
- Rubin, A. L. *High blood pressure for dummies*. New York, NY: Wiley Pub., 2007.
- Sheps, S. G., & Mayo Clinic. *Mayo clinic five steps to controlling high blood pressure*. Broomall, Pa: Mason Crest Publishers, 2008.

Audiovisual Resources

- **Hypertension** - An interactive tutorial on MedlinePlus.gov
Access at: <http://www.medlineplus.gov>
Click on the link to Interactive Tutorials and select from the list under the heading: "Surgery and Treatment Procedures"
A slide show with voice over and graphics provides an overview of hypertension and describes the causes, complications and ways to control high blood pressure.
- **Familydoctor.org** – videos about high blood pressure.
Access at <http://familydoctor.org>. Under "Conditions A to Z" click on "Heart Disease" and then on "High Blood Pressure"
This section includes several short videos about high blood pressure and how to treat it.

Web Resources

- **HearHub for Patients** – section on high blood pressure
Access at: <http://www.hearhub.org>
Under "Health Centers" click on: "High Blood Pressure"
Detailed information about hypertension includes discussion of common misconceptions, an "Ask the Expert" section, lifestyle modification that can help prevent high blood pressure and ways of controlling it. Provided by the American Heart Association.
- **Your Guide to Lowering High Blood Pressure**
Access at: <http://www.nhlbi.nih.gov/hbp/index.html>
Provided by the National Heart, Lung and Blood Institute this site is intended for people who are interested in learning more about preventing and controlling high blood pressure. Includes up-to-date practical

information about lifestyle changes and medications for controlling high blood pressure. Special features include tips and quizzes about high blood pressure and heart health and real-life examples of people who have questions about high blood pressure.

- **The National Heart, Lung, and Blood Institute (NHLBI)** – Section on high blood pressure.

Access at: <http://www.nhlbi.nih.gov/>

Click on “A-Z Diseases and Conditions Index” and select “High Blood Pressure” from the list

This section provides an easy-to-read overview of high blood pressure including causes, symptoms, diagnosis and treatment.

- **UpToDate.** Patient information overviews

- Patient information: High blood pressure in adults
- Patient information: High blood pressure treatment in adults
- Patient information: High blood pressure, diet, and weight

Access at: <http://www.patients.uptodate.com> and click on the link to “Heart Disease”

These detailed, comprehensive overviews are based on a professional literature reviews written for physicians. The overviews include some medical terminology. They are suitable for readers seeking to gain in-depth understanding of high blood pressure.

University of Michigan Resources

- **The Preventive Cardiology program** at Domino’s Farms offers a number of relevant program and services Including:

- Metabolic Fitness Program
- The Hunger Within Workshop
- Hypertensive Specialists
- Nutrition Services

For more information access

<http://www.med.umich.edu/cvc/adult/serpre.htm>

or call: 734.998.7400.

- **Tobacco Consultation Service**

Group and individual quit-smoking programs.

For more information access: <http://www.mhealthy.umich.edu/tobacco> or call 734.936.5988.

Patient Support Organizations

- **American Heart Association**

Web site: <http://www.heart.org>

Tel.: (800) 242-8721

This document is not intended to take the place of the care and attention of your personal physician or other professional medical services. Our aim is to promote active participation in your care and treatment by providing information and education. Questions about individual health concerns or specific treatment options should be discussed with your physician.

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