

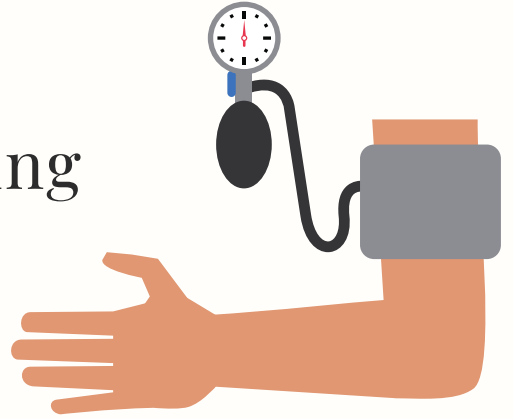
A SIP OF MDTEA PODCAST 6.03

Hypertension

50%

community dwelling over 65s have it

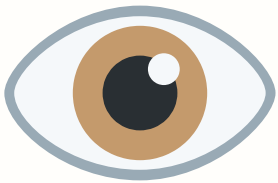
It is caused by artery narrowing and stiffness.



To make a diagnosis

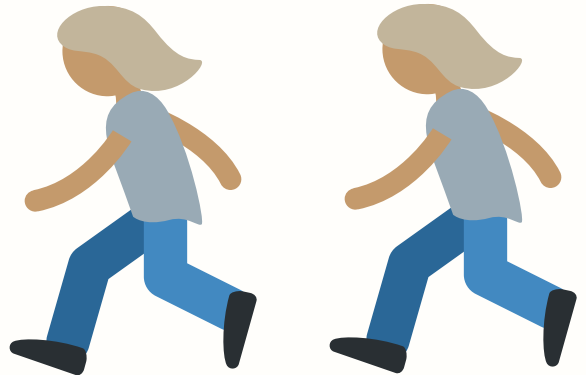
- check both arms for differences, use highest
- may need 24 hour ambulatory recording

Look for end organ damage



- Kidneys: urine dip protein / blood
- Eyes: retinopathy
- Heart: echo for enlargement

- *Lifestyle advice*
- Exercise
- Aim BMI <25
- Smoking cessation



THE MDTEA PODCAST PROVIDES EDUCATION ON AGEING FOR ALL HEALTHCARE PROFESSIONALS WORKING WITH OLDER ADULTS. VISIT WWW.THEHEARINGAIDPODCASTS.ORG.UK FOR MORE INFORMATION, SHOW NOTES, TO LISTEN ON THE WEB AND TO SIGN UP TO OUR MAILING LIST