

# High Blood Pressure

Blood pressure is the force put on the walls of the blood vessels with each heartbeat. Blood pressure helps move blood through your body.

## Taking Your Blood Pressure

Blood pressure is often checked by putting a wide band called a cuff around your upper arm. Air is pumped into the cuff. Your blood pressure is measured as the air is let out of the cuff.

Blood pressure is one number over a second number.

- The top number is higher and is called the systolic reading. It is the pressure in the blood vessels when the heart pumps.
- The bottom number is lower and is called the diastolic reading. It is the pressure in the blood vessels when the heart rests between beats.

## Normal Blood Pressure

Normal blood pressure is 120 over 80 or less. Blood pressure varies from person to person. Each person's blood pressure changes from hour to hour and from day to day.

## High Blood Pressure

High blood pressure is also called hypertension. High blood pressure is 140 over 90 or higher. A diagnosis of high blood pressure is not made until your blood pressure is checked several times and it stays high.

The harder it is for blood to flow through your blood vessels, the higher your blood pressure numbers. With high blood pressure, your heart is working harder than normal. High blood pressure can lead to heart attack, stroke, kidney failure, and hardening of the blood vessels.

## Signs of High Blood Pressure

The only way to know if you have high blood pressure is to have it checked. Most people do not have any signs. Some people may have a headache or blurred vision.

# Cadaadis Dhiig oo Sarreeya

Cadaadiska Dhiiggu waa xoog la dul dhigo derbiyada marinnada dhiigga ee wadne garaac kasta. Cadaadiska Dhiiggu wuxuu gacan ka geystaa inuu dhiiggu ku dhex socdo jidhka.

## Iska Cabbiridda Cadaadiska Dhiiggaaga

Cadaadiska dhiigga waxaa badanaa lagu hubiyaa iyadoo maro ballaaran oo loo yaqaan kaf (cuff) lagu xiro dhinaca sare ee gacantaada. Hawo ayaa lagu afuufaa kafka. Cadaadiska dhiiggaaga ayaa la cabbiraa marka hawadu iney kafka ka baxdo loo oggolaanayo.

Cadaadiska dhiiggu waa hal lambar oo lambar labaad ka korreeya.

- Lambarka kore waa midka sare waxaana loo yaqaanaa akhrinta systolic. Waa cadaadiska ku jira marinnada dhiigga marka uu wadnaha dhiiggu ku shubmo.
- Lambarka hoose waa midka hoose waxaana loo yaqaanaa akhrinta diastolic. Waa cadaadiska ku jira marinnada dhiigga marka uu wadnuhu nasanayo inta u dhexeysa garaacyada.

## Cadaadiska Dhiigga ee Caadiga ah

Cadaadiska dhiigga ee caadiga ah waa 120 oo la hoos dhigay 80 ama ka yar. Cadaadiska dhiigga qofba qofka kale wuu ka duwan. Cadaadiska dhiigga qof kasta wuxuu isku beddelaa saacad ilaa saacad iyo maalin ilaa maalin.

## Cadaadis Dhiig oo Sarreeya

Cadaadis dhiig oo sarreeya waxaa loo yaqaanaa dhiig kar (hypertension). Cadaadis dhiig oo sarreeya waa 140 oo la hoos dhigay 90 ama ka sarreeya. Baaritaan cadaadis dhiig oo sarreeya lama sameeyo ilaa cadaadiska dhiiggaaga laga hubiyo dhowr mar uuna noqdo mid sarreeya.

Marka kastoo ay dhiigga ku adkaato inuu ku qul-qulo marinnada dhiiggaaga, lambarrada cadaadiska dhiiggu kor ayey u sii kacayaan. Marka uu jiro cadaadis dhiig oo sarreeya, wadnahaagu si adag midda caadiga ah ayuu u shaqaynayaa. Cadaadis dhiig oo sarreeya wuxuu keeni karaa wadne qabad, hawlgab maskaxeed, hawlgab kelli, iyo adkaanshada marinnada dhiigga.

## Calaamadaha Cadaadis Dhiig oo Sarreeya

Habka keliya ee lagu ogaan karo cadaadis dhiig oo sarreeya waa in la hubiyaa. Dadka badankoodu calaamado ma lahan. Dadka qaarkood waxaa laga yaabaa iney madax xanuun isku arkaan ama aragti ceryaamo ku jirto.

High Blood Pressure. Somali.

## **Your Care**

Blood pressure control is very important. If you have high blood pressure you should:

- Check your blood pressure often. Call your doctor if your blood pressure stays high.
- See your doctor as scheduled.
- Take your blood pressure medicine as ordered by your doctor.
- Take your medicine even if you feel well or your blood pressure is normal.
- Lose weight if you are overweight.
- Limit salt in your food and drinks.
- Avoid alcohol.
- Stop smoking or tobacco use.
- Exercise most every day.
- Reduce stress.
- Practice relaxation daily.

Call 911 **right away** if you have:

- A severe headache
- Vision changes
- Chest pain, pressure or tightness that is not better with nitroglycerin
- Have a hard time breathing or get short of breath
- Sudden numbness, tingling or weakness in the face, arm or leg
- Sudden confusion, trouble understanding or trouble speaking
- Trouble swallowing

## **Daryeelkaaga**

Koontaroolidda cadaadis dhiig oo sarreeya aad ayey muhiim u tahay. Haddii aad cadaadis dhiig oo sarreeya leedahay waa inaad:

- Badanaa cadaadiska dhiigga iska hubisaa. Takhtarkaaga wac haddii cadaadiska dhiiggaagu uu sii sarreeyo.
- Takhtarkaaga ugu tag sida la qorsheeyey.
- Daawada cadaadiska dhiigga u qaado sida uu takhtarku ku amray.
- Daawada qaado xataa haddii aad caafimaad dareento ama cadaadiska dhiiggu uu caadi yahay.
- Miisaan iska dhin haddii aad buuran tahay.
- Xaddid cusbada cuntooyinkaaga iyo cabitaannada ku jirta.
- Ka fogow aalkolo cabid.
- Jooji sigaar cabidda ama isticmaalka tubaakada.
- Jir-dhis samee ku dhowaad maalin walba.
- Isku buuqidda/diiqadda iska yaree.
- Maalin walba iskala bixin samee.

**Isla markiiba** wac 911 haddii aad isku aragto:

- Madax xanuun daran
- Isbeddelka aragtida ah
- Xanuun feedhaha ah, cadaadis ama cidhiidhi aysan nitroglycerin bogsineyn
- Ay neefsashadu kugu adag tahay ama ay kugu gaaban tahay
- Kabuubyo lama filaan ah, kil-kilo ama daciiftinnimo wejiga, gacanta ama luga ah
- Jahawareer lama filaan ah, dhibaato kaaga timaadda fahmidda ama dhibaato dhinaca hadalka ah
- Dhibaato wax liqidaha ah

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