



World Hypertension Day - October 17, 2020

Women Under Pressure

High blood pressure (Hypertension) is the single most important risk factor for premature death and disability. However, did you know that it is both highly preventable and controllable?

Canada has been a global leader in controlling hypertension. In fact, Canada has had the world's highest reported national rates of controlled hypertension since 2006. Unfortunately, there is a declining rate of diagnosis and control of hypertension in women over 60, which is very alarming. Since 2011, it has been noted that the control rate of hypertension in mature women is lower than men of their age. Declining rates of hypertension control in women over 60 years are the likely explanation for some of the increases in cardiovascular death and disability seen in Canada since 2011, but the death rate is also increasing in men. This only highlights the need to control hypertension and other vascular risk factors (diet, lack of activity, smoking, excess alcohol consumption, cholesterol, etc.) in all Canadians.

If you are a woman, 60 years and above, living with hypertension, it is important to understand its effects on your health and well-being and to take the required measures to bring your numbers down, today. Even if you are not currently suffering from hypertension, your lifetime risk for developing it is a staggering 90 percent.

It is recommended that all adults have their blood pressure measured especially at pharmacies and at home with a recommended/validated device. Unfortunately, due to COVID-19, blood pressure measurement at most pharmacies is not currently available hence making "at home" monitoring even more important. It is vital that blood pressure be assessed accurately, as poor measurement can lead to inappropriate management. The Pan American Health Organization, joined by the World Hypertension League and Hypertension Canada has developed a free, 20-minute, on-line [certification course](#) aimed at properly measuring blood pressure at home. Get your certification in hypertension today (URL). A list of recommended devices available in Canada can be found at <https://hypertension.ca/bpdevices>.

Hypertension Canada is the only national non-profit organization dedicated solely to the prevention and control of hypertension and its complications. Our mission is to advance health through the prevention and control of high blood pressure and its complications. For more information, visit www.hypertension.ca. You can email us at info@hypertension.ca.