What is Hypertension?

HYPERTENSION
=
Elevated blood pressure

When
SYSTOLIC BLOOD PRESSURE > 140mmHg
or
DIASTOLIC BLOOD PRESSURE > 90mmHg

Hypertension is one of the **major risk factors** for **Peripheral Arterial Disease (PAD)** and single most important risk factor for **stroke**.

When blood pressure is elevated, muscles in the arteries fight back to manage the pressure. This makes arteries go bigger and arterial wall thicker. The narrowed arteries can develop occlusion, which is a sign for Peripheral Arterial Disease.

How to prevent hypertension?

Don't smoke | Eat healthy | Be active | Maintain weight

Peripheral Arterial Disease (PAD)

What is PAD?

It is a circulatory problem in which narrowed arteries reduce blood flow to your limbs.

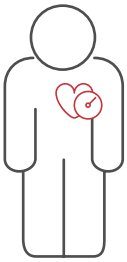
Who is at risk for PAD?

50+ Individuals over 50 years old with cardiovascular risk factors:

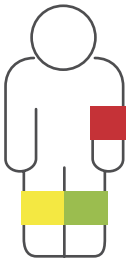
- Hypertensive
- Diabetic
- Overweight
- Smoking

70+ Everyone older than 70

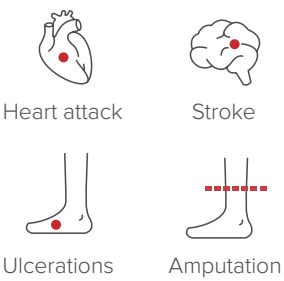
How to diagnose PAD?



Hypertensive patients are at high risk for PAD.



PAD is easily diagnosed by using Ankle-Brachial Index (ABI).



By measuring ABI early, patients can avoid PAD-related complications.

MESI
Simplifying Diagnostics