

OhioHealth Hypertension Clinic

Expert Care for Managing High Blood Pressure

WHAT IS HYPERTENSION?

Hypertension, or high blood pressure, is a condition where the force of blood against your artery walls is too high.

Over time, uncontrolled hypertension can lead to serious health problems, including heart disease, stroke and kidney failure. Many people with high blood pressure may not experience symptoms, making regular monitoring essential.

THE FIRST STEP: KNOW YOUR NUMBERS

Blood Pressure Category	Systolic Blood Pressure	AND/OR	Diastolic Blood Pressure
Normal	<120 mm Hg	AND	<80 mm Hg
Elevated	120–129 mm Hg	AND	<80 mm Hg
High Blood Pressure			
Stage 1	130–139 mm Hg	OR	80–89 mm Hg
Stage 2	≥ 140 mm Hg	OR	≥ 90 mm Hg

WHY CHOOSE THE OHIOHEALTH HYPERTENSION CLINIC?

Our clinic specializes in diagnosing and managing high blood pressure, offering expert care to help patients achieve better health. We provide personalized treatment plans, identify underlying causes of hypertension and support lifestyle modifications to improve blood pressure control.

WHAT WE OFFER:

- + **Expert diagnosis and treatment** – we confirm if high blood pressure is difficult to control and provide personalized care.
- + **Comprehensive evaluation** – our specialists identify underlying causes and risk factors contributing to hypertension.
- + **Lifestyle and medication support** – we guide patients on lifestyle changes and medication management for effective blood pressure control.



WHO WILL CARE FOR YOU?

- + Hypertension specialists – experts in diagnosing and managing high blood pressure.
- + Nurses and care team – providing hands-on care, testing, education and ongoing support.

WHEN SHOULD YOU SEEK CARE?

Visit the OhioHealth Hypertension Clinic if you experience:

- + Suboptimal blood pressure control despite ≥ 2 medications, especially when associated with:
 - Prior hospital admission with hypertension within prior year.
 - Serious medical events including heart failure, heart attack, stroke or kidney disease.
 - Medication-intolerances and interested in learning about renal denervation therapy.
- + If you are interested in learning more, please discuss with your PCP whether a referral may be appropriate.

SEEK EMERGENCY CARE IF YOU EXPERIENCE

- + Signs of hypertensive emergencies, such as vision changes or severe headaches.
- + Life-threatening symptoms, including:
 - Acute kidney injury
 - Chest pain
 - New-onset confusion
 - Signs of heart failure

How Can You Prevent Hypertension?

- + Reduce sodium and alcohol intake.
- + Maintain a healthy weight.
- + Engage in regular aerobic exercise.
- + Stop smoking.
- + Take your prescribed medications regularly.
- + Maintain regular follow up with your primary care physician.
- + Monitor blood pressure regularly to ensure blood pressure control remains on target.

Take Control of Your Health Today!

If you're concerned about your blood pressure, the OhioHealth Hypertension Clinic is here to help. Talk to your primary care doctor to see if a referral might be right for you.

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