

High blood pressure (hypertension)

High blood pressure is a risk factor for cardiovascular disease.



What is high blood pressure?

High blood pressure, also known as hypertension, is when the force of your blood pushing against your artery walls is consistently higher than normal.

When your blood pressure is measured, it is shown as two numbers (e.g. 120/80). The top (systolic) is the pressure when the heart beats; the bottom (diastolic) is the pressure when the heart rests between beats.

High blood pressure is a reading of 140/90 or higher.

Why is high blood pressure an issue?

High blood pressure puts extra strain on your heart and blood vessels. This can damage the blood vessels and increase your risk of cardiovascular disease (CVD), including heart attacks and strokes, as well as other serious health problems.

Causes of high blood pressure

High blood pressure is often caused by a combination of:

- genetics or family history
- medical conditions
- lifestyle factors such as inactivity, poor diet, high alcohol intake, smoking, and obesity.

High blood pressure and your health assessment

NSW coal mine workers are screened for health risks associated with their work, and any other health conditions that may affect their ability to work safely.

This includes monitoring cardiovascular health and screening for signs of CVD, including high blood pressure.

If you have high blood pressure, the assessing doctor will refer you to your GP for treatment.

In most cases you can continue working until you have seen the GP, but if your blood pressure is very high, you may need to temporarily stop working until it is under control. You may also require an early review to ensure your blood pressure remains well managed.

Managing high blood pressure

If you have high blood pressure, your GP may recommend medication, lifestyle changes, or a combination of both. It's important to take any prescribed medication as directed.

Helpful lifestyle changes include:

- eating a healthy, low-salt diet
- exercising regularly
- avoiding smoking and vaping
- limiting alcohol
- maintaining a healthy weight
- managing stress.

More information

www.coalservices.com.au