



# Hypertension in Canada

## WHAT YOU NEED TO KNOW

**90%** **LIFETIME RISK OF DEVELOPING HYPERTENSION**

**1 IN 5 CANADIANS HAVE HYPERTENSION**

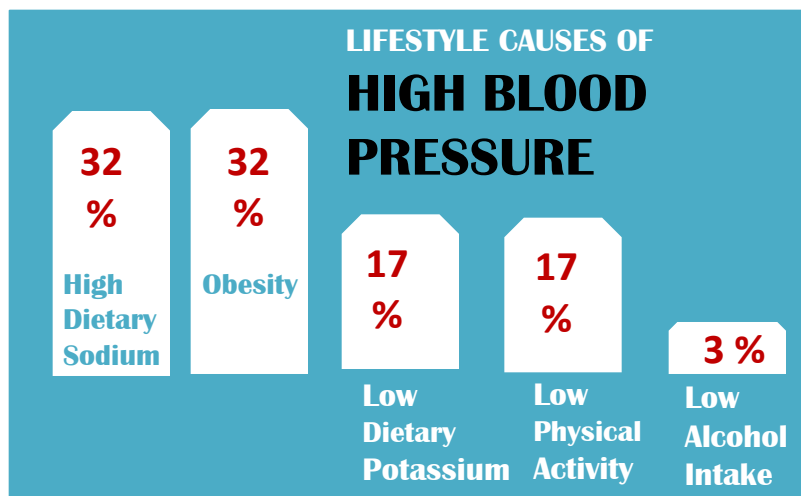
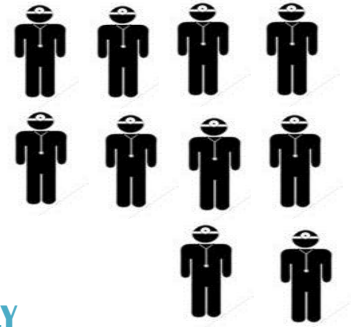


Hypertension results in

**20 MILLION**

PHYSICIAN VISITS ANNUALLY

**1** = 2 MILLION



↓ **population systolic blood pressure by 5 mm Hg** could reduce stroke deaths by **14%**, coronary heart disease by **9%** and total death by **7%**

### United Nations Goals



**BY 2025**

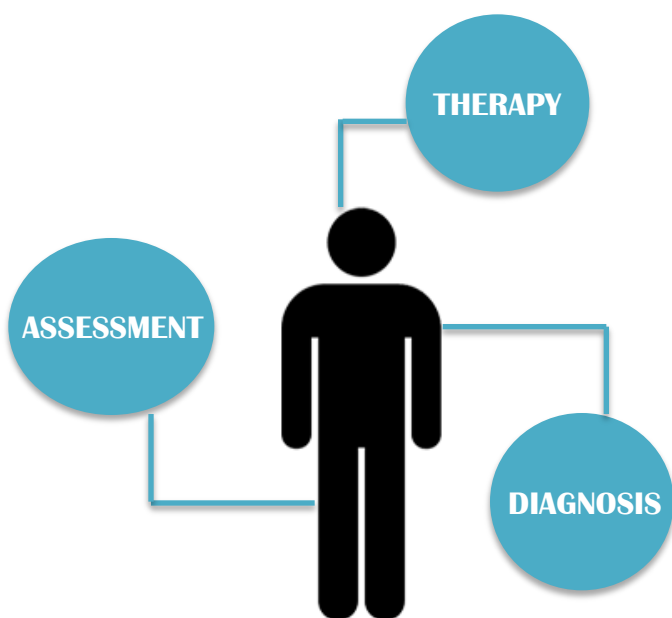
**80,000,000**

**ANTIHYPERTENSIVE DRUG PRESCRIPTIONS**

**IN 2010 AT A COST OF OVER \$3 BILLION**



## CANADIAN HYPERTENSION EDUCATION PROGRAM (CHEP) 2014 KEY RECOMMENDATIONS



- All Canadian adults should have their blood pressure assessed at all appropriate clinical visits.
- Optimum management of the hypertensive patient requires assessment and communication of overall cardiovascular risk.
- Home BP monitoring is an important tool in self-monitoring and self-management.
- Treat to target.
- Lifestyle modifications are effective in preventing hypertension, treating hypertension and reducing cardiovascular risk.
- Combinations of both lifestyle changes and drugs are generally necessary to achieve target blood pressures.
- Focus on adherence.