

"The relationship between the waist circumference and blood pressure"

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Content 1- Introduction 2-Methodology 7- Conclusion And Tables 3- Results 4- Figures 6- Discussion 8- prevention and Recommendation 9- Reference Introduction Blood pressure is the force of your blood pushing against the walls of your arteries. Each time your heart beats, it pumps blood into the arteries. Your blood pressure is highest when your heart beats, pumping the blood. This is called systolic pressure. When your heart is at rest, between beats, your blood pressure falls. This is called diastolic pressure. Your blood pressure reading uses these two numbers. Usually the systolic number comes before or above the diastolic number.

For example, 120/80 means a systolic of 120 and a diastolic of 80. THE Risk factor Include: Unhealthy Diet A diet that is too high in sodium and too low in potassium puts you at risk for high blood pressure. Eating too much sodium—an element in table salt—increases blood pressure. Most of the sodium we eat comes from processed and restaurant foods. Learn more about —a mineral that your body needs to work properly—also can increase blood pressure. Potassium is found in many foods; bananas, potatoes, beans, and yogurt have high levels of potassium. Physical Inactivity Getting regular physical activity helps your heart and blood vessels stay strong and healthy, which may help lower your blood pressure. Regular physical activity can also help you keep a healthy weight, which may also help lower your blood pressure. Obesity Having obesity is having excess body fat. Having obesity or overweight also means your heart must work harder to pump blood and oxygen around your body. Over time, this can add stress to your heart and blood vessels. Obesity is linked to higher “bad” cholesterol and triglyceride levels and to lower “good” cholesterol levels. In addition to high blood pressure, having obesity can also lead to heart disease and diabetes. Talk to your health care team about a plan to reduce your weight to a healthy level. Too Much Alcohol Drinking too much alcohol can raise your blood pressure. • Women should have no more than one drink a day. • Men should have no more than two drinks a day. Tobacco Use Tobacco use increases your risk for high blood pressure. Smoking can damage the heart and blood vessels. Nicotine raises blood pressure, and breathing in carbon monoxide which is produced from smoking tobacco—reduces the amount of oxygen that your blood can carry. Genetics and Family History When members of a family pass traits from one generation to another through genes, that process is called heredity. Genes likely play some role in high blood pressure, heart disease, and other related conditions. However, it is also likely that people with a family history of high blood pressure share common environments and other potential factors that increase their risk. The risk for high blood pressure can increase even more when heredity combines with unhealthy lifestyle choices, such as smoking and eating an unhealthy diet. Other Characteristics Both men and women can have high blood pressure. Some other characteristics that you cannot control—such as your age, race, or ethnicity—can affect your risk for high blood pressure. Age. Because your blood pressure tends to rise as you get older, your risk for high blood pressure increases with age. About 9 out of 10 Americans will develop high blood pressure during their lifetime.² • Sex. Women are about as likely as men to develop high blood pressure at some point during their lives. • Race or ethnicity. Black people develop high blood pressure

more often than white people Waist circumference is the measurement taken around the abdomen at the level of the umbilicus (belly button). Health experts commonly use waist measurement to screen patients for possible weight-related health problems. While a helpful tool, waist size is just one indicator that may point to certain health conditions, and it is not used to singularly diagnose any conditions or diseases While health experts and physicians may use this method in-office, you can also measure your own waist circumference at home Measuring the size of your waist can help you understand your risk for certain weight-related health conditions. Waist circumference alone cannot indicate that you have a medical condition or that you'll develop one in the future, but it can help you and your healthcare provider to determine where fat is located on your body and if that body fat may cause health problems for you in the future. Obesity is the most common chronic disease in adolescents. In adults, waist circumference (WC) is associated with the presence of cardiovascular risk factors and is also a better predictor of cardiovascular (CV) risk than body mass index (BMI). The association between WC and CV risk factors in adolescents has been poorly explored so far, mainly in those within the normal BMI range. High waist circumference (WC) (women: >88 cm; men: >102 cm) increases cardiovascular risk. Less is known about moderate WC (women: 80–88 cm; men: 94–102 cm).

Methodology This cross-sectional study used the baseline data of a prehypertensive and normal patients with waist circumference relationship that was carried out at Marjan Medical Hospital and outpatient clinic, during March and April 2022 We excluded Patients previously diagnosed with hypertension. or if they were not willing to participate in the study. We collected (100) sample Their ages range from 20 y to 60 y Baseline characteristics of this study's participants (i.e., age, sex, waist circumference, systolic and diastolic blood pressure) were collected by interviewing them by us. Waist circumference (cm) was measured from the middle point between the lowest rib and iliac crest in standing position. The pressure was calculated while sitting and resting, and the patient had not previously performed any effort. EM 144 MANEUVER To measure waist circumference correctly, you should use a flexible tape measure that is not elastic (i.e., the tape measure should not stretch when you are taking the measurement). You should also remove any bulky clothing that can add padding around your abdomen. Follow these steps to measure your waist: Stand up to get an accurate waist measurement. Wrap the tape measure around the widest part of your stomach, across your belly button. The tape measure should rest gently on your skin. Once the tape measure is positioned correctly, breathe in gently and then take the measurement on the exhale. Take the measurement three times to make sure you get a consistent result. Holding the tape too tight so that it digs into your flesh or holding it too loosely so that it droops will cause you to get an incorrect result. Results We divided the sample into two groups according to age: 1-AGE 30 ↑ BP ↓ BP Total ↑ WC 21 8 29 ↓ WC 4 11 15 Total 25 19 44 Prevalence rate in high WC = $21 \times 100\% / 29 = 70\%$ Prevalence rate in low WC = $4 \times 100\% / 14 = 30\%$