

Helpful information on BLOOD PRESSURE

You have the power to lower your blood pressure and live a healthy, full life. High blood pressure, also called hypertension, increases your risk for heart disease, heart failure, stroke, kidney disease, and can also cause eye damage.

What do these numbers mean?

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157/98
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SYSTOLIC (UPPER):

This is the amount of pressure it takes for the heart to squeeze blood to the body.

DIASTOLIC (LOWER):

This is the amount of pressure when the heart is relaxed and filling with blood.

Know your blood pressure numbers!

BLOOD PRESSURE Category	SYSTOLIC mm Hg (upper #)	or	DIASTOLIC mm Hg (lower #)
NORMAL	Less than 120	or	Less than 80
PREHYPERTENSION	120 – 139	or	80-90
HIGH BLOOD PRESSURE (Hypertension) Stage 1	140 – 159	or	90-99
HIGH BLOOD PRESSURE (Hypertension) Stage 2	160 or Higher	or	100 or Higher
HYPERTENSIVE CRISIS (Emergency care needed)	Higher than 180	or	Higher than 110

What can you do?

- Maintain a healthy weight and be physically active.
- Follow a healthy eating plan.
- Reduce salt in your diet.
- Drink alcohol only in moderation.
- Manage stress.
- Avoid tobacco use.
- Ask your doctor or nurse about any medications you are taking and which ones are the best for you.