

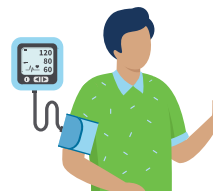
WHAT IS HIGH BLOOD PRESSURE?

Wellness Tips

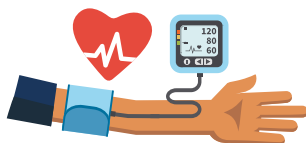
High blood pressure (also referred to as hypertension) is when your blood pressure, the force of blood flowing through your blood vessels, is consistently too high. When left untreated, the damage that high blood pressure does to your circulatory system is a significant contributing factor to heart attack, stroke, and other health complications.



NEARLY **HALF OF AMERICAN ADULTS** HAVE HIGH BLOOD PRESSURE AND MANY DON'T EVEN KNOW THEY HAVE IT.



THE BEST WAY TO KNOW IF YOU HAVE HIGH BLOOD PRESSURE IS TO GET YOUR BLOOD PRESSURE **CHECKED REGULARLY.**










HIGH BLOOD PRESSURE IS A **"SILENT KILLER"**




MOST OF THE TIME THERE ARE **NO OBVIOUS SYMPTOMS.**

Know Your Risks For High Blood Pressure

-  Diabetes
-  Unhealthy Diet (too high in sodium, too low in potassium)
-  Physical Inactivity
-  Obesity
-  Frequent Alcohol Consumption
-  Tobacco Use
-  Family History of High Blood Pressure

Dangers of High Blood Pressure

-  Heart Attack
-  Stroke
-  Heart Disease
-  Dementia
-  Kidney Disease








Preventing and Managing High Blood Pressure

Making healthy lifestyle changes is a great way to reduce your blood pressure and avoid developing high blood pressure. Make sure to visit your primary care provider regularly for routine blood pressure checks. With proper treatment and management, you can control your blood pressure which will contribute to a long and healthy life.

What should your blood pressure be?

Blood Pressure Category	Systolic (upper number)	Diastolic (lower number)
Normal	Less than 120	Less than 80
Elevated	120-129	Less than 80
High Blood Pressure (Hypertension Stage 1)	130-139	80-89
High Blood Pressure (Hypertension Stage 2)	140 or higher	90 or higher
Hypertensive Crisis (consult your doctor immediately)	Higher than 180	Higher than 120

Tips for high blood pressure prevention and management:

-  Get your blood pressure checked regularly.
-  Maintain a healthy weight. Aim for a 1 kg reduction in body weight and expect a 1 point drop for every kg reduction in body weight.
-  Be physically active by getting at least 150 minutes of physical activity each week. Impact on blood pressure is a 5-8 point drop.
-  Manage Stress by getting enough sleep and trying meditation or yoga.
-  Do not smoke.
-  Drink alcohol in moderation. If drinking alcohol, men should drink less than or equal to 2 drinks daily and women less than or equal to one drink daily. Impact on blood pressure is a 4 point drop.
-  Eat a healthy diet: Fruits, vegetables, whole grains, and low-fat dairy. Increase potassium by eating bananas, potatoes, beans, and yogurt. Limit dietary sodium to less than 1500mg per day. Impact on blood pressure is a 4-11 point drop.



Did You Know? 1 teaspoon of table salt contains about 2,400 mg of sodium