

WHAT IS HYPERTENSION?

Blood pressure is the force of your blood moving against the walls of your arteries.



KNOW YOUR NUMBERS*

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

IF BLOOD PRESSURE GETS TOO HIGH, IT IS CALLED "HYPERTENSION." IT'S EXPRESSED IN TWO NUMBERS.

TOP NUMBER

Systolic

The pressure or force in the arteries when the heart beats

BOTTOM NUMBER

Diastolic

The pressure measured between heartbeats

LIFESTYLE CHANGES THAT LOWER BLOOD PRESSURE

- Get regular physical activity
- Focus on nutrition and choose more vegetables
- Don't add salt to foods and eat less canned or prepacked foods
- Limit alcoholic beverages
- Lose weight if you are overweight
- Don't smoke cigarettes or other harmful substances
- Meditation and rest can help lower blood pressure

CAUTION

OVER TIME ELEVATED OR HIGH BLOOD PRESSURE WEAKENS YOUR HEART, BLOOD VESSELS, AND KIDNEYS, MAKING STROKE OR HEART ATTACK MUCH MORE LIKELY.

SOURCES:

CENTERS FOR DISEASE CONTROL AND PREVENTION. (2021, MAY 18). HIGH BLOOD PRESSURE. RETRIEVED MARCH 16, 2022, FROM QR



*AMERICAN HEART ASSOCIATION [HEART.ORG/BPLEVELS](https://www.heart.org/bplevels)