

# KNOW YOUR NUMBERS

## Blood Pressure

[medinahealth.org/knowyournumbers](http://medinahealth.org/knowyournumbers)



## KNOW YOUR RISK

ASSESS YOUR RISK OF HEART DISEASE AND STROKE BY KNOWING YOUR BLOOD PRESSURE NUMBERS

### WHAT IS BLOOD PRESSURE?

It's the amount of force your blood uses to get through your arteries. Known as the Silent Killer, high blood pressure often has few or no obvious symptoms.

### WHEN TO MEASURE YOUR BLOOD PRESSURE ?

Those with blood pressure below 120/80 mm Hg should get it checked at least once every 2 years.

Starting at age 20, and for those with higher blood pressure, consult with a health care provider to determine the frequency.

### WHERE DO YOU MEASURE BLOOD PRESSURE?

Have your blood pressure measured at a Healthcare Provider, a pharmacy free of charge, or at home with a blood pressure monitor.

### WHY IS HIGH BLOOD PRESSURE BAD?

High blood pressure (hypertension) can be dangerous if it's not treated. It can put you at risk for stroke, heart failure, kidney failure and other medical problems

## WHAT DO THE NUMBERS MEAN?

### Blood Pressure Categories



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	80-89
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

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## MANAGE YOUR BLOOD PRESSURE

You may be born with certain risk factors for developing high blood pressure, such as gender and heredity. The more of these risk factors you have, the greater your chance for stroke, heart attack, kidney disease, and eye problems.

It's important that you manage the risk factors that can be changed, such as lifestyle choices.

Adopt a heart-healthy diet, exercise, manage stress, and work with a health care provider to reduce the risks of high blood pressure.