BLOOD PRESSURE



KNOW YOUR NUMBERS

BLOOD PRESSURE is the force of your blood moving against the walls of your arteries. It's expressed as **TWO NUMBERS**:

Top Number: SYSTOLIC (mm Hg)

The pressure or force in the arteries when the heart beats

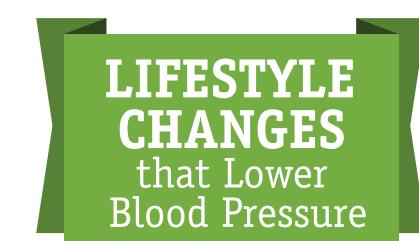
Bottom Number:

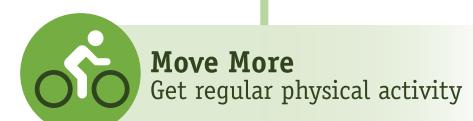
DIASTOLIC (mm Hg)

The pressure measured between heartbeats

WARNING!

Over time elevated or high blood pressure weakens your heart, blood vessels and kidneys, and makes a stroke or heart attack much more likely





Focus on Nutrition Follow the DASH diet and eat potassium-rich vegetables



NORMAL

120

below 80

ELEVATED

120 129

80

HIGH

STAGE 1 STAGE 2

139

80 89 140
and above

90 and above

Also called *Hypertension*



Cut Salt
Aim for 1,500 mg of sodium or less per day

Limit Alcohol

For men, not more than 2 drinks per day; for women, 1





Lose Weight
Losing just a few pounds
can make a big difference

Don't SmokeIf you smoke, stop





De-stressMeditation and rest help lower blood pressure

Information provided for educational purposes only. Please consult your health care provider about your specific health needs.

■ Go to *CardioSmart.org/HighBP* to learn more about High Blood Pressure.



