

GET DOWN WITH YOUR BLOOD PRESSURE

Monitoring is power.



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DID YOU KNOW?

Nearly 1 in 2 adults in the US has high blood

pressure. Taking control of your blood pressure is one of the key components that affects your health. Join our efforts in reaching the blood pressure goal that you and your health care team set together. Strive for less than 120/80. Do it for yourself and your community.

But first, let's get all the facts.



WHAT IS HIGH BLOOD PRESSURE?

Blood pressure is the force of blood pushing against blood vessel walls. It is measured in millimeters of mercury (mm Hg).

High blood pressure (HBP) means the pressure in your arteries is higher than it should be. The medical term for high blood pressure is hypertension.

Blood pressure is written as two numbers, such as 112/78 mm Hg. The top (systolic) number is the pressure when the heart beats. The bottom (diastolic) number is the pressure when the heart rests between beats

Normal blood pressure is below

People with high blood pressure have a significantly higher risk of stroke.



At age 50. people without high blood pressure have a



life expectancy **5 YEARS** LONGER

than people with high blood pressure.3

120/80

Up to be prevented.

Stroke occurs when a blood vessel to the brain is blocked or bursts.

Blood and oxygen flow are interrupted, and brain cells begin to die. More than

American adults with high blood pressure don't know they have it.



Have your blood pressure checked and keep it in check to

vour risk of stroke.

1 Benjamin et al; Circulation, 2019;139;e56-528 // 2 D'Agostino, R.B. et al. Stroke. 1994;25:40-43 // 3 Mozzafarian D et al. Circulation. 2017; 135:e135-139

BLOOD PRESSURE CATEGORIES

BLOOD PRESSURE CATEGORY	SYSTOLIC mm Hg (top number)		DIASTOLIC mm Hg (bottom 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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Normal blood pressure is below 120/80 mm Hg. If you're an adult and your systolic pressure is 120 to 129, and your diastolic pressure is less than 80, you have elevated blood pressure. High blood pressure is a systolic pressure of 130 or higher, or a diastolic pressure of 80 or higher, that stays high over time.

High blood pressure usually has no signs or symptoms. That's why it's so dangerous and called "the silent killer." But the good news is that it can be managed.

HOW CAN I TELL I HAVE IT?

The only way to know if your blood pressure is high is to check it regularly, whether at home, at your local pharmacy, or with your health care professional. You will need to receive a confirmed diagnosis of high blood pressure by a health care professional.

AM I AT HIGHER RISK OF DEVELOPING HIGH BLOOD PRESSURE?

There are risk factors that increase your chances of developing high blood pressure. Some you can manage or modify, and some you can't. These are called modifiable risk factors.

Risk factors that can be controlled are:

Lack of physical activity.

Unhealthy diet.

Having obesity and additional or excess weight.

Drinking too much alcohol.

Adequate and quality sleep.

Sleep apnea.

Smoking and tobacco.

High cholesterol.

Diabetes.

Stress.

Risk factors that cannot be controlled are:

Family history.

Age.

Race.

Chronic kidney disease.

Socioeconomic conditions can also be risk factors for high blood pressure.

CONSEQUENCES OF HIGH BLOOD PRESSURE



STROKE

HBP can cause blood vessels in the brain to burst or clog more easily.



VISION LOSS

HBP can strain the vessels in the eyes.





HEART FAILURE

HBP can cause the heart to enlarge and fail to supply blood to the body.



HEART ATTACK

HBP damages arteries that can become blocked.





SEXUAL DYSFUNCTION

This can be erectile dysfunction in men or lower libido in women.



KIDNEY DISEASE/ FAILURE

HBP can damage the arteries around the kidneys and interfere with their ability to effectively filter blood.





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WHAT CAN I DO TO IMPROVE MY BLOOD PRESSURE?

Approximate SBP Modification Recommendation Reduction Range Maintain normal Weight body weight 5 mm Ha reduction (BMI=18.5-24.9 kg/m) Diet rich in fruits, DASH vegetables, low fat dairy 11 mm Hg eating plan and reduced in fat Manage of the state of the stat Restrict <1500 mg5-6 mm Hg sodium of sodium per day intake Be more physically active. Physical Aim for at least 90 5-8 mm Ha activity to 150 minutes of aerobic exercise per week. Moderation No more than of alcohol 2 drinks/day for men and 4 mm Hg 1 drink/day for women consumption

BP = Blood pressure, BMI = Body mass index, SBP = Systolic blood pressure, DASH = Dietary Approaches to Stop Hypertension

Ranges According to 2017 Hypertension Clinical Practice Guidelines
Recommendations for Treatment and Management of Hypertension



WHAT CAN I DO ABOUT HIGH BLOOD PRESSURE?

- · Don't smoke and avoid secondhand smoke.
- · Reach and maintain a healthy weight.
- Eat a healthy diet that is low in saturated and trans fats and rich in fruits, vegetables, whole grains and low-fat dairy products.
- · Aim to consume less than 1,500 mg/day of sodium (salt). Even reducing your daily intake by 1,000 mg can help. Select condiments with care and always look for the "no salt added" label.
- Eat foods rich in potassium. Most women should get 2,600 milligrams of potassium a day and men 3,400 milligrams a day*, but most of us fall short.

^{*}Before changing your potassium intake, first discuss it with your health care professional

- Limit alcohol to no more than one drink per day if you're a woman or two drinks a day if you're a man.
- Be more physically active. Aim for 150 minutes of moderateintensity physical activity or at least 75 minutes of vigorous physical activity per week, or a combination of both, spread throughout the week. This averages 21 minutes per day. Add muscle-strenghtening activity at least two days per week for more health benefits.
- · Follow your heath care professional's medication guidance.
- · Know your blood pressure goal and work with your health care team to keep your blood pressure at your goal.





CHECK ALL THAT APPLY TO PREPARE FOR YOUR HEALTH CARE VISIT.

GETTING READY

How of	ten do you check your blood pressure?
	Every day. About once a week. About once a month. Never.
•	neasure your blood pressure, keep a log? Yes. No.
Are you as presc	taking your medications cribed?
	Yes.
	Usually.
	Sometimes.
	No.

OVERCOMING CHALLENGES

 Taste before adding salt. Use salt-free spices/herbs. Check labels for sodium. Cook at home more often. 	
t's hard for me to manage my blood pressure becauchoose all that apply): I don't like the way the medication makes must i'm having trouble getting my medication. I'm having trouble changing my diet. I can't easily exercise. It's expensive. I'm stressed/I don't feel well. I forget what I need to do.	
During my appointment, I'd like to discuss choose all that apply): My medications. Checking my blood pressure at home. Reducing salt in my diet. Getting more exercise. Managing my weight. Quitting smoking.	

PLANNING FOR SUCCESS

During your appointment, refer to this guide and have ready:

- 1. A complete list of all your medications (including over the counter, vitamins, and herbal supplements).
- 2. A pen and paper to take notes.

Today my blood pressure is:
Discuss this with you health care team.
Refer to the blood pressure categories chart on page. 4

My next appointment is on:		
	@	

NOTES FOR YOUR HEALTH CARE APPOINTMENT

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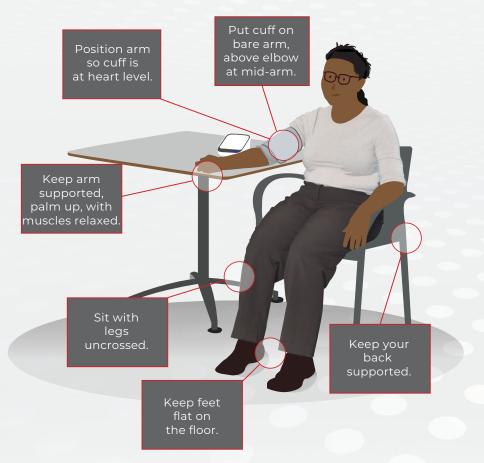


FOLLOW THESE STEPS FOR AN ACCURATE BLOOD PRESSURE MEASUREMENT.

1. PREPARE

- Avoid exercise, caffeine, smoking and other stimulants 30 minutes before you measure your blood pressure.
- Wait at least 30 minutes after a meal.
- If you're on blood pressure medication, measure your blood pressure *before* you take your medication.
- Empty your bladder beforehand.
- Find a quiet space where you can sit comfortably without distraction

2. POSITION



This Prepare, position, measure handout was adapted with permission of the American Medical Association and The Johns Hopkins Universty. The original copyrighted content can be found at https://www.ama-assn.org/ama-johns-hopkins-blood-pressure-resources.

3. MEASURE

- Rest for at least five minutes before measuring your blood pressure.
- Take at least two readings, one minute apart in the morning before taking blood pressure medication and in the evening before dinner. Do it seven days a week.
- Keep your body relaxed and in position during measurements.
- Sit quietly with no distractions during measurements. Avoid conversations, TV, phone and other devices.
- Record your measurements when finished.

SELF - MONITORING BLOOD PRESSURE LOG

Instructions:

- Take at least two readings, one minute apart in the morning before taking blood pressure medication and in the evening before dinner.
- For best results, sit comfortably with both feet on the floor for at least five minutes before taking a measurement.
- · When you measure your blood pressure, rest your arm on a table so the blood pressure cuff is at about the same height as your heart.
- Record your blood pressure on this sheet and show it to your health care team at every visit.
- For more information, visit: **Heart.org/HBPControlVideo** or scan QR Code to see more.



DATE	TIME AM	TIME PM	BLOOD PRESSURE READING Systolic/diastolic	BLOOD PRESSURE READING Systolic/diastolic



Visit heart.org/HBPControl or scan code for more.



