

High Blood Pressure Can Lead to:



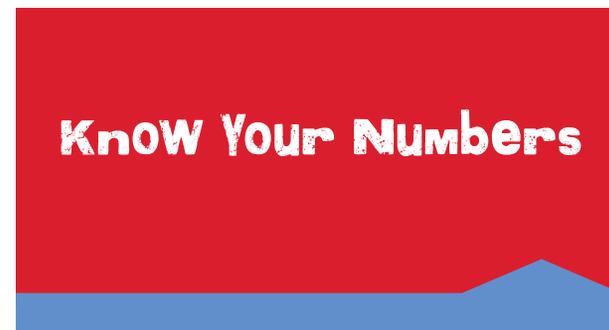
77% of Americans treated for a first stroke have blood pressure over 140/90.



69% of Americans who have a first heart attack have blood pressure over 140/90.



74% of Americans with congestive heart failure have blood pressure over 140/90.



Normal blood pressure	Less than 120 and less than 80
Prehypertension	120–139 or 80–89
High blood pressure	140 or higher or 90 or higher

What does it mean to have high blood pressure?

High blood pressure means the pressure of blood in your arteries is elevated. High blood pressure or hypertension is when your numbers are consistently 140/90 mm Hg (millimeters of mercury) or greater. Ask your healthcare provider to take your blood pressure today!

What do the numbers mean?

<div style="background-color: red; color: white; padding: 10px; font-size: 2em; margin-bottom: 5px;">140</div> <hr style="border: 0; border-top: 1px solid white; margin: 0;"/> <div style="background-color: red; color: white; padding: 10px; font-size: 2em;">90</div>	Mm Hg	<p>The pressure when your heart beats (systolic)</p> <hr style="border: 0; border-top: 1px solid white; margin: 0;"/> <p>The pressure when your heart rests (diastolic)</p>
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A normal blood pressure reading for most adults is less than 120/80 mm Hg.

Take action against high blood pressure

Get Screened	This will tell you what your blood pressure is.
Know Your Goal	Know your blood pressure numbers and work with your healthcare professional to find out your personal blood pressure goal.
Lose Weight	Lose weight if necessary. If you are overweight, you may be putting too much strain on your heart. When you lose weight, your blood pressure often decreases.
Eat Healthy Meals	Eat healthy, meals low in saturated fat, trans fat, and sodium. Changing to a healthy diet may reduce your high blood pressure. (Fruits, vegetables, whole grains, lean meats and fish, and low-fat dairy.)
Stop Smoking	Call the QuitLine at 1-866-SD-QUITS (1-866-737-8487) to get help from tobacco cessation coaches.
Limit Your Salt Intake	Salt contains sodium and sodium holds excess fluid in your body and puts an added burden on your heart. Recommended daily limit is less than 1,500 mg per day.
Be Active	Exercise at least 30 minutes on most or all days of the week. Regular physical activity helps reduce your blood pressure, control your weight, and reduce stress. Start slowly and choose activities you really enjoy.
Limit Alcohol	Limit your intake of alcohol. Females less than 3 and males less than 5 drinks per day.
Take Medicine As Directed	Take medicine the way your health care professional tells you. Do not stop treatment on your own. If you have problems or side effects, call your health care professional.

*Always talk to your health care professional before starting any weight loss, dietary, or exercise program.

*Blood pressure trackers available.
 **Blood pressure educational sheets available.

Library Resources

Books	
Title	Call Number
Bringing Down High Blood Pressure	616.132 Rhoden
Healthy Eating for Lower Blood Pressure	616.132 Gayler
American Heart Associations Complete Guide to Women's Heart Health	616.12 American
American Heart Associations Healthy Family Meals	641.5631 American
American Heart Associations Low-Salt Cookbook	641.5632 American
Blood Pressure Down: 10-Step Plan to Lower Your Blood Pressure	616.1 Brill
The Blood Pressure Cure	616.132 Kowalski

