What does your

Blood Pressure

MEAN?

Systolic Blood Pressure

Indicator to the amount of pressure exterted on the heart to pump blood throughout the body (upper number).

Diastolic Blood Pressure

Indicator of the resistance of blood flowing throughout the body (lower number).

Stages of Blood Pressure

Normal (Sys: <120 mm Hg) (Dys: <80 mm Hg)

If your results fall in as normal, keep up the good healthy habits in your life

Elevated (Sys: 120-129 mm Hg) (Dys: <80 mm Hg)

This means you are at risk for high blood pressure and need to take preventive steps

Hypertension 1 (Sys 130-139 mm Hg) (Dys: 80-89 mm Hg)

This means you are at risk for heart disease or stroke. Your healthcare provider will likely prescribe medication and reccomend lifestyle changes

Hypertension 2 (Sys 140+ mm Hg) (Dys: 90+ mm Hg)

You are at a very high risk of cardiovalscular disease and need to implement major lifestyle changes

Hypertensive Crisis (Sys 180+ mm Hg) (Dys: 120+ mm Hg)

if you are experiencing Hypertensive Crisis, call your health care proffesional ASAP. If you have other symtoms such as chest pain, shortness of breath, bad speaking and vision, call **911**

Causes of High Blood Presure

Overweight

Alchocol/ Caffiene

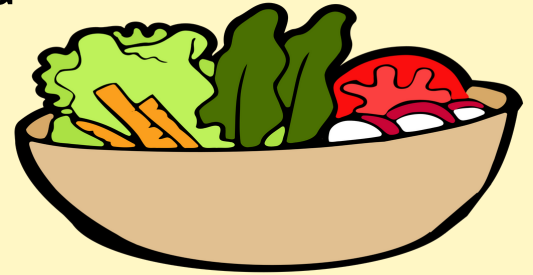**Smoking**

Stress

Lack of Exercise

Over 65+

Preventive Steps

Healthy Diets

A nutritious diet rich in potassium, protein, and fiber protects from heart disease and high blood pressure. Limit sodium and saturated fat consumption

Healthy Weight

Smoking inheritly raises blood pressure, hence presents the risk for a heart attack. Alchohol can also raise your blood pressure if heavily consumed

Limit Alchohol and Do not Smoke

Being obese or overweight puts you at a risk for high blood pressure. Staying physically active and eating healthy can prevent this. Ask your doctor if your weight is at a healthy range

Get enough Sleep

Sleeping well is improves the health of your heart and blood vessels. Sleep deprivation is linked to heart disease and high blood pressure