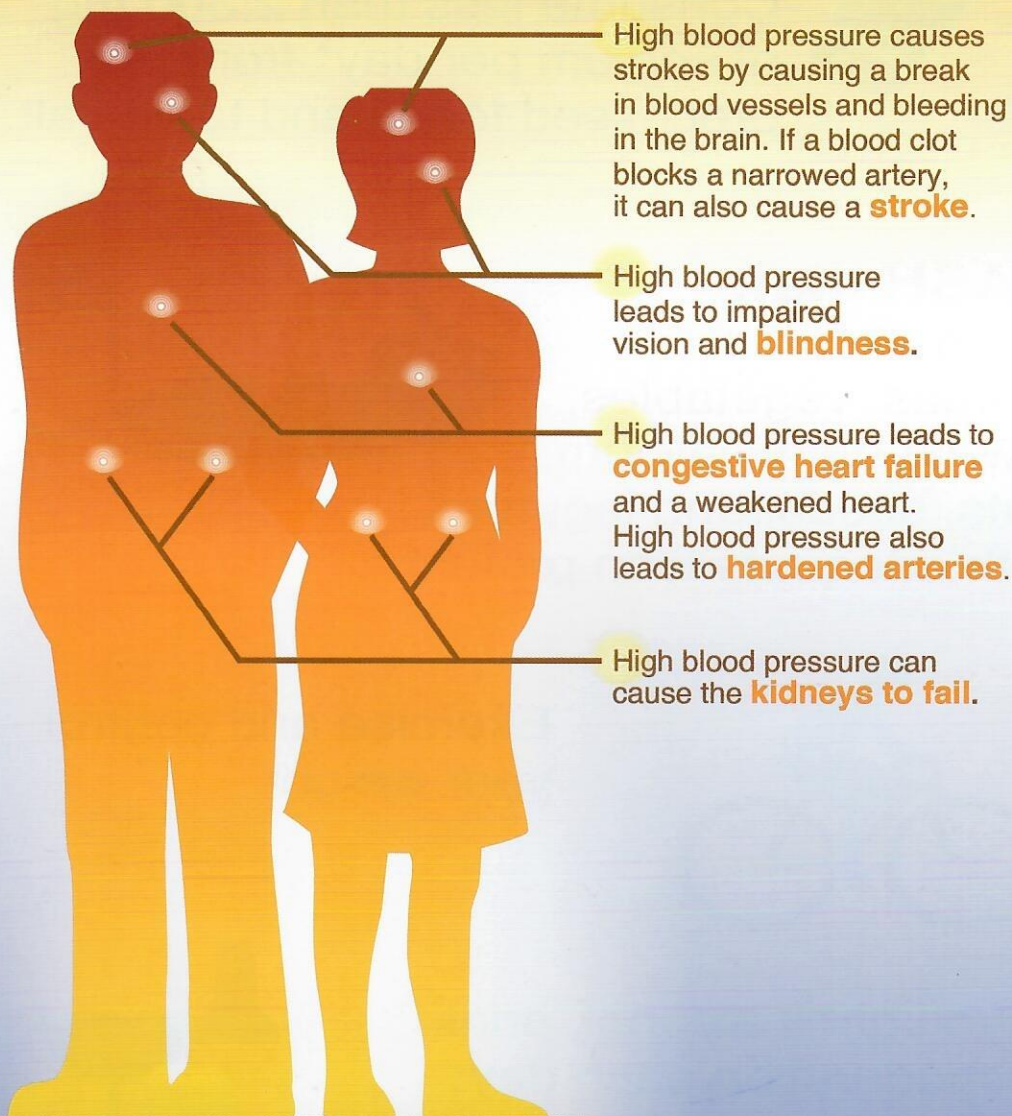


About Your Blood Pressure

High Blood Pressure Damages:



What is your blood pressure?

Blood Pressure Level (mmHg)

Category	Systolic		Diastolic
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	180 or Higher	and/or	Higher than 120

Keeping your systolic blood pressure below 120mm Hg will help you reduce your risk for heart attack, stroke, and death.

Source: SPRINT study



How to Lower Your Blood Pressure:



Lower your sodium:

Consume less than 2,300 mg of sodium per day* from processed foods and table salt.

DASH diet:

Eat a diet rich in fruits, vegetables, low-fat dairy/calcium, nuts, seeds, and legumes with adequate lean protein.



Exercise and control your weight.

If you drink alcohol, drink in moderation each day: 2 drinks for men and 1 drink for women.



Avoid smoking.

*1,500 mg for people who have or are at risk for high blood pressure