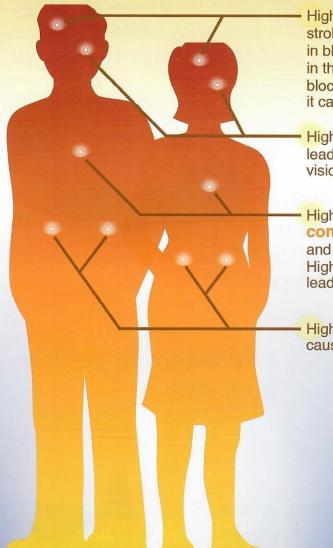
About Your Blood Pressure

High Blood Pressure Damages:



High blood pressure causes strokes by causing a break in blood vessels and bleeding in the brain. If a blood clot blocks a narrowed artery, it can also cause a **stroke**.

High blood pressure leads to impaired vision and blindness.

High blood pressure leads to congestive heart failure and a weakened heart.
High blood pressure also leads to hardened arteries.

High blood pressure can cause the kidneys to fail.

What is your blood pressure?

Category Systolic Diastolic

Normal Less than 120 and Less than 80

Elevated 120-129 and Less than 80

High Blood Pressure 130-139 or 80-89

High Blood Pressure 140
Hypertension Stage 2 or Higher

Hypertensive Crisis 180 and/or Higher than 120

or higher

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

Source: SPRINT study





Source: AHA/ACC 2017 update http://hyper.ahajournals.org

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