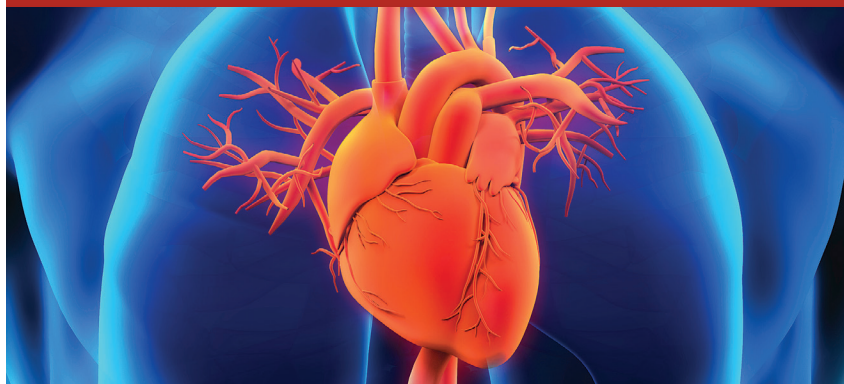


Control Your High Blood Pressure



Blood pressure measures the force it takes the heart to pump blood through the body. High blood pressure, or hypertension, means the heart must work harder to pump blood. If untreated, it can lead to heart disease, heart attack and stroke.

There are usually no physical symptoms for high blood pressure. That is why it is so important to know your own blood pressure numbers and to check your blood pressure often.

Don't Let Your Blood Pressure Erupt

Blood Pressure Category for Adults	Systolic mmHg (upper number)		Diastolic mmHg (lower number)
HYPERTENSIVE CRISIS (Consult your doctor immediately)	HIGHER THAN 180	and/or	HIGHER THAN 120
HIGH BLOOD PRESSURE (Hypertension) Stage 2	140 OR HIGHER	or	90 OR HIGHER
HIGH BLOOD PRESSURE (Hypertension) Stage 1	130–139	or	80–89
ELEVATED	120–129	and	LESS THAN 80
NORMAL	LESS THAN 120	and	LESS THAN 80

2017 ACC/AHA/AAPA/ABC/ACPM/AGS/APhA/ASH/ASPC/NMA/PCNA Guideline for the Prevention, Detection, Evaluation, and Management of High Blood Pressure in Adults: A Report of the American College of Cardiology/American Heart Association Task Force on Clinical Practice Guidelines. *J Am Coll Cardiol* 2017;Nov 13.

Contact your health care provider if your top number is **120 or higher**, or your bottom number is **80 or higher**.



What You Can Do to Reduce Your Blood Pressure:

- Get your blood pressure checked by your health care provider.
- Work with your health care provider to set your goal blood pressure numbers.
- Check your blood pressure at home.
- Take medicine as prescribed to help lower blood pressure.
- Make lifestyle changes:
 - Choose healthier foods that are lower in salt and fat. Visit myeatssmartmovemore.com
 - Maintain a healthy weight; lose any extra pounds. Visit esmmweighless.com
 - If you smoke or use any form of tobacco, quit. Visit quitlinenc.com or call 1-800-QUIT-NOW (1-800-784-8669)
 - Move your body and be active most days of the week. Visit myeatssmartmovemore.com

Know your numbers.

Don't be satisfied until you reach your goal.

Start  **With**
Your Heart[®]

*Justus-Warren Heart Disease
& Stroke Prevention Task Force*