

Control High Blood Pressure



High blood pressure means blood moves through your blood vessels at a higher force than it should. When this stays high over time, it is called hypertension.

UNCONTROLLED, HIGH BLOOD PRESSURE CAN CAUSE:

- A heart attack
- A stroke
- Kidney problems
- Heart failure
- Eye problems

Most people with high blood pressure do not have symptoms. The only way to know if you have it is to get it checked.

WHAT DO BLOOD PRESSURE NUMBERS MEAN?

High	Systolic (first or top number) 130 or higher OR Diastolic (second or bottom number) 80 or higher
Elevated	Systolic (first or top number) 120-129 AND Diastolic (second or bottom number) less than 80
Normal	Systolic (first or top number) less than 120 AND Diastolic (second or bottom number) less than 80

Is your blood pressure elevated or high? Have it rechecked to find out if you have hypertension. Ask your provider when you should get your blood pressure checked again and if you need treatment for high blood pressure.

PREVENT OR CONTROL HIGH BLOOD PRESSURE

- If you smoke or chew tobacco, quit! Ask your provider for help with quitting.
- Get to and stay at a healthy weight.
- Be physically active. Follow your provider's advice.
- Get enough quality sleep. The recommended amount for most adults is 7 to 9 hours per day.
- Reduce salt (sodium). Read food labels. Choose and prepare foods that are lower in sodium. Keep your sodium intake to less than 2,300 mg per day.
- Eat plenty of vegetables, fruit, whole grains, fat-free or low-fat dairy (or plant-based), and lean, protein-rich foods, such as lean meat, eggs, beans, lentils, nuts, and seeds. Limit saturated fats and added sugars in drinks and foods.
- Avoid or limit alcohol. Men should have no more than 2 drinks per day. Women and persons age 65 years and older should have no more than 1 drink per day.
- Follow your treatment plan. Take medications, as prescribed. Do not stop your medications or take a lower dose unless recommended.

