

## **HYPERTENSION**

### **WHAT IS HYPERTENSION?**

Hypertension is elevated blood pressure, also called the silent killer. Hypertension is the most important risk factor for premature cardiovascular disease. Elevated blood pressure affects blood flow in the arteries and causes the heart muscle to become abnormally enlarged. This increases your chances of having a heart attack and heart failure.

### **HOW TO INTERPRET BLOOD PRESSURE READINGS:**

The top number is the systolic. The bottom number is the diastolic.

Normal:	< 120 / 80
Prehypertension:	120-139 / 80-89
Hypertension, Stage 1:	140-159 / 90-99
Hypertension, Stage 2:	> 160 / 100

### **HOW TO REDUCE BLOOD PRESSURE:**

- Reduce salt and sodium intake
- Become more physically active
- Maintain an ideal body weight
- Quit smoking
- Eat heart healthy
- Limit alcohol use
- Talk to your primary care physician and know your numbers
- Take blood pressure medications as prescribed

**WHAT IS YOUR NUMBER?** \_\_\_\_\_