What does your Blood Pressure MEAN?

**Systolic Blood Pressure**
Indicator to the amount of pressure exerted on the heart to pump blood throughout the body (upper number).

**Diastolic Blood Pressure**
Indicator of the resistance of blood flowing throughout the body (lower number).
Stages of Blood Pressure

**Normal** (Sys: <120 mm Hg) (Dys: <80 mm Hg)
If your results fall in as normal, keep up the good healthy habits in your life

**Elevated** (Sys: 120-129 mm Hg) (Dys: <80 mm Hg)
This means you are at risk for high blood pressure and need to take preventive steps

**Hypertension 1** (Sys 130-139 mm Hg) (Dys: 80-89 mm Hg)
This means you are at risk for heart disease or stroke. Your healthcare provider will likely prescribe medication and recommend lifestyle changes

**Hypertension 2** (Sys 140+ mm Hg) (Dys: 90+ mm Hg)
You are at a very high risk of cardiovascular disease and need to implement major lifestyle changes

**Hypertensive Crisis** (Sys 180+ mm Hg) (Dys: 120+ mm Hg)
If you are experiencing Hypertensive Crisis, call your healthcare professional ASAP. If you have other symptoms such as chest pain, shortness of breath, bad speaking and vision, call 911
Causes of High Blood Pressure

- Overweight
- Alcohol/Caffeine
- Smoking
- Stress
- Lack of Exercise
- Over 65+
Preventive Steps

Healthy Diets
A nutritious diet rich in potassium, protein, and fiber protects from heart disease and high blood pressure. Limit sodium and saturated fat consumption.

Healthy Weight
Smoking inherently raises blood pressure, hence presents the risk for a heart attack. Alcohol can also raise your blood pressure if heavily consumed.

Limit Alcohol and Do not Smoke
Being obese or overweight puts you at a risk for high blood pressure. Staying physically active and eating healthy can prevent this. Ask your doctor if your weight is at a healthy range.

Get enough Sleep
Sleeping well improves the health of your heart and blood vessels. Sleep deprivation is linked to heart disease and high blood pressure.