

# Get Healthy Stay Healthy

## UNDER PRESSURE? TAKE CONTROL

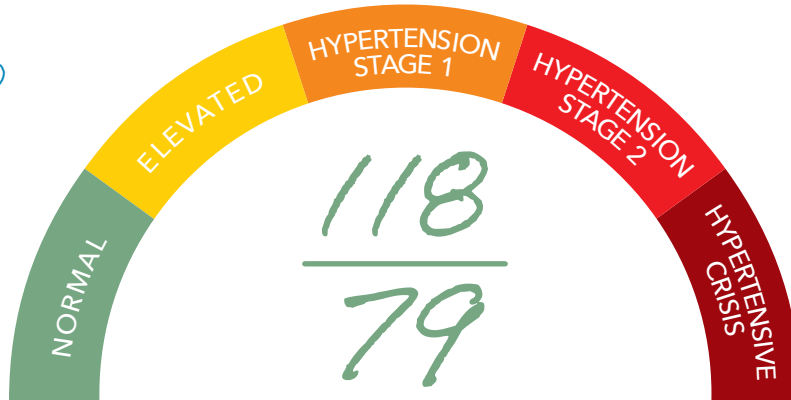
Over time, elevated or high blood pressure can weaken your heart, blood vessels, and kidneys—making it a major contributor to heart disease, stroke, and kidney disease. Many people with high blood pressure can keep their numbers in a healthy range by making lifestyle changes or by taking prescribed medication.<sup>1</sup>

Blood pressure is the force of your blood moving against the the walls of your arteries<sup>2</sup> and is measured by the amount of resistance the bloods meets while the heart is pumping.<sup>1</sup>

### TOP NUMBER:

*Systolic (mm Hg)*

The pressure or force in the arteries when the heart beats.<sup>2</sup>



### BOTTOM NUMBER:

*Diastolic (mm Hg)*

The pressure or force measured between heartbeats.<sup>2</sup>

BLOOD PRESSURE CATEGORY <sup>3</sup>	SYSTOLIC (MM HG) <sup>3</sup>		DIASTOLIC (MM HG) <sup>3</sup>
Normal	119 and lower	and	79 and lower
Elevated Blood Pressure	120-129	and	80
High Blood Pressure (Hypertension) Stage 1	130-139	or	80-89
High Blood Pressure (Hypertension) Stage 2	140 or higher	or	90 or higher
Hypertensive Crisis (Consult your doctor immediately)	Higher than 180	and/ or	Higher than 120

### Causes<sup>1</sup>

#### GENES

Some people are genetically predisposed to hypertension, through gene mutation or the inheritance of genetic abnormalities.

#### PHYSICAL CHANGES

As you age, your body changes and with those changes your blood pressure may increase.

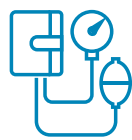
#### ENVIRONMENT

Unhealthy lifestyle choices can increase your risk for hypertension.

#### UNDERLYING HEALTH CONDITIONS

Hypertension can occur quickly when caused by another health condition.

### Diagnosis<sup>1,3</sup>



Diagnosing hypertension is as simple as taking a blood pressure reading. If your

blood pressure is elevated, your doctor may request that you have more readings done over the course of a few days or weeks.

A diagnosis of hypertension is rarely given after just one reading. This is because your doctor needs to see evidence of an on-going problem.

If your doctor diagnoses you with hypertension, lifestyle changes may help lower your blood pressure, although medication may also be prescribed.

### Treatment Options<sup>1,3</sup>

#### EAT HEALTHY

A heart-healthy diet includes: fruits, vegetables, whole grains, and lean proteins.

#### BE ACTIVE

Exercise can help you reduce stress, lose weight, and strengthen your cardiovascular system.

#### MANAGE STRESS

Sleeping well, meditation, deep breathing, massage, muscle relaxation, and yoga are great ways to manage stress.

#### MEDICATION

Beta blockers, diuretics, ACE inhibitors, angiotensin II receptor blockers, calcium channel blockers, and alpha-2 agonists may be prescribed.

### Sources:

<sup>1</sup> *Everything You Need to Know About High Blood Pressure (Hypertension)*. <https://bit.ly/3qkByYw>

<sup>2</sup> *Blood Pressure*. <https://bit.ly/3zPavwj>

<sup>3</sup> *How to Manage Blood Pressure*. <https://bit.ly/3xJ3Wti>