High blood pressure, a medical condition known as hypertension, affects millions of people in the United States. It is referred to as the “silent killer” because it usually has no symptoms.

<table>
<thead>
<tr>
<th>Blood Pressure Category</th>
<th>Systolic mm Hg (Upper Number)</th>
<th>Diastolic mm Hg (Lower Number)</th>
</tr>
</thead>
<tbody>
<tr>
<td>NORMAL</td>
<td>Less than 120</td>
<td>and less than 80</td>
</tr>
<tr>
<td>ELEVATED</td>
<td>120-129</td>
<td>and less than 80</td>
</tr>
<tr>
<td>HIGH BLOOD PRESSURE (Hypertension Stage 1)</td>
<td>130-139</td>
<td>or 80-89</td>
</tr>
<tr>
<td>HIGH BLOOD PRESSURE (Hypertension Stage 2)</td>
<td>140 or higher</td>
<td>or 90 or higher</td>
</tr>
<tr>
<td>HYPERTENSIVE CRISIS</td>
<td>Consult your doctor immediately</td>
<td>Higher than 180</td>
</tr>
</tbody>
</table>

Recognize the risks you can control:

- Inactivity
- Unhealthy diet
- Being overweight

Recognize the risks you cannot control:

- Family History
- Age
- Gender
- Race

Having high blood pressure places you at risk for health issues such as:

- Heart Disease
- Stroke
- Heart Attack
- Chest Pain
- Heart Failure

If you had a high blood pressure reading, it is important to take different readings over time to confirm that you do have high blood pressure. If your reading is over 140/90 after several readings, discuss treatment options with your health care provider.

If you are not established with a healthcare provider, let us find you one:

Call Saint Alphonsus at 208-367-DOCS (3627) or you may call the Corporate Health and Wellness nurse at 208-367-6567.
Know Your Numbers:
Most people diagnosed with high blood pressure want to stay below 140/90, but your healthcare provider can tell you your personal target blood pressure.

Make A Plan:
Work with your healthcare provider to make a plan to lower your blood pressure.

Monitor and Record Your Blood Pressure:
Whether you’re at home, at a store, or anywhere else where you can check your blood pressure, make a habit of checking it regularly. Track your readings and share them with your healthcare provider.

Take Medication As Prescribed:
Take medications exactly the way your healthcare provider prescribes them.

Make A Few Lifestyle Changes:
In many cases this will be your doctor’s first recommendation, likely in one of these areas:

- **Lose Weight:**
  Strive for a body mass index between 18 and 25.

- **Eat Healthier:**
  Eat fruit, veggies, low-fat dairy and lean protein, but lower your saturated fat and total fat.

- **Reduce Sodium:**
  Stay under 1,500mg a day which is associated with the greatest reduction in blood pressure.

- **Get Active:**
  Shoot for 40 minutes 3 or 4 times per week.

- **Limit Alcohol:**
  Drink no more than 1 to 2 drinks per day (1 for most women - 2 for most men).