

HIGH BLOOD PRESSURE



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.

Blood Pressure Category	Systolic mm Hg (Upper Number) Amount of pressure on arteries in body when heart is beating.	Diastolic mm Hg (Lower Number) Amount of pressure on arteries in body when heart is relaxed between heartbeats.
NORMAL	Less than 120	and less than 80
ELEVATED	120-129	and less than 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	or higher than 120

Recognize the risks you can control:	Recognize the risks you cannot control:
<ul style="list-style-type: none"> • Inactivity • Unhealthy diet • Being overweight 	<ul style="list-style-type: none"> • Family History • Age • Gender • Race
Having high blood pressure places you at risk for health issues such as:	
<ul style="list-style-type: none"> • 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.



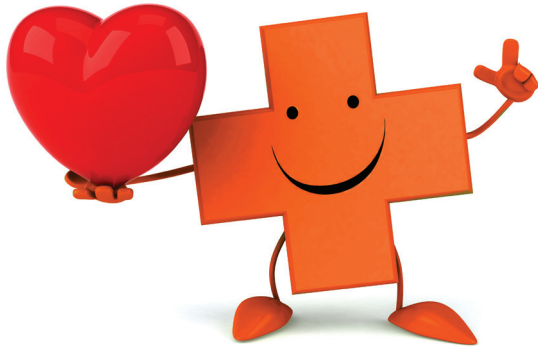
Saint Alphonsus



Trinity Health
Livonia, MI

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.



Five Steps to Lowering Your Blood Pressure



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).



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