

High Blood Pressure?

We can help you take control.

Inside your body, your blood is moving around, all the time, in tubes called blood vessels. Sometimes your blood can push too hard on your blood vessels. This is called **high blood pressure**.

Why is high blood pressure dangerous?

If you have high blood pressure and you do not control it, it can cause:

- **Stroke**
- **Heart failure**
- **Kidney problems**
- **Heart attack**
- **Eye problems**

Most people with high blood pressure feel healthy. The only way to know if you have high blood pressure is to **have your blood pressure checked**.



What can you do before your blood pressure check?

It's very important that your provider gets the **correct** measurement of your blood pressure. Follow these steps:

- Pee before you get your blood pressure checked.
- For at least 30 minutes before your appointment:
 - Don't smoke
 - Don't exercise
 - Don't drink caffeine (in coffee, tea or soda)
- For at least 5 minutes before your blood pressure check, sit down and relax with your feet on the floor.

What do your blood pressure numbers mean?

After someone checks your blood pressure, they will tell you two numbers. Higher numbers mean higher blood pressure. Here is a guide:

NORMAL

$\frac{120 \text{ or } \downarrow}{80 \text{ or } \downarrow}$ AND

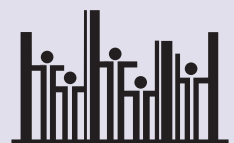
PRE-HIGH

$\frac{121-139}{81-89}$ OR

HIGH

$\frac{140 \text{ or } \uparrow}{90 \text{ or } \uparrow}$ OR

Today my
blood pressure is:



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If your blood pressure is pre-high or high, it should be rechecked.

What can you do to prevent or control high blood pressure?



Quit smoking and/or chewing tobacco.

- Ask your provider for help with quitting.



Get to a healthy weight and stay at that weight.

- If you are overweight, ask your provider for help with a plan to lose weight.



Reduce salt (sodium) in your diet.

- Read food labels. Eat foods that are low in sodium or are sodium-free.



Take your blood pressure at home, if your provider told you to.

- Follow instructions from your provider.



Exercise.

- Exercise includes any activities like fast walking, swimming or playing sports.
- Try to do the activity for at least 30 minutes, five days a week



Limit alcohol.

- Men should have no more than 2 drinks per day.
- Women should have no more than 1 drink per day.



Take your blood pressure medicine every day, if you are on it.

- Or as directed by your provider.

What else can you do?

Always ask your provider what your blood pressure is and write it down.

Here are some questions to ask your provider:

- Is my blood pressure under good control?
- How often should I have my blood pressure checked?
- What is a healthy weight for me?
- Is it safe for me to start doing regular physical activity?

Do you have other questions for your provider?

Write them down here:





**Stay healthy for you and the people you love.
We can help you take control.**



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