

# Controlling your risk: blood pressure facts

**Blood pressure (BP)** measures the work your heart does to pump blood. BP levels are defined as

<b>Normal</b>	under 120 / 80
<b>Prehypertensive</b>	120 to 139 / 80 to 89
<b>High BP - Stage 1</b>	140 to 159 / 90 to 99
<b>Very high BP - Stage 2</b>	160/100 or more

**Prehypertension** increases the risk of getting high BP. Healthy eating and exercise, plus frequent BP checks, can help prevent high BP.

**Hypertension** - high blood pressure - HBP - is diagnosed by a medical provider. Diagnosis requires at least 2 elevations of systolic BP of 140 or higher or diastolic BP of 90 or higher on separate occasions.

Goals for most persons treated with blood pressure medicine are...

**Controlled** under 140/90

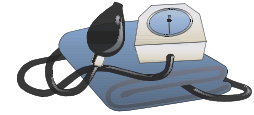
Goals for persons with diabetes, chronic kidney disease, coronary heart disease or heart failure are...

**Controlled** under 130/80

Keeping your blood pressure in control can prevent or delay the onset of heart and kidney disease and stroke. Most people with high BP need daily medication, often 2 to 3 kinds of medicine to control hypertension.

## Check your blood pressure regularly...

Lifelong health depends on it!



- HBP often runs in families. Anyone can have high blood pressure, not just those who are older, nervous, tense, or overweight.
- You may feel fine and still have HBP, which has been called the “silent killer”.
- You can make changes in your lifestyle that may prevent or control HBP. Regular exercise, healthy eating, limiting alcohol and sodium, and not gaining weight all help.
- High blood pressure can almost always be controlled, but may not be cured.
- The cause of high blood pressure is not known. About 1 of every 4 people are salt (sodium) sensitive. Cutting down on salt may lower your blood pressure.
- Feeling good is not a reason to stop taking a blood pressure medicine or following other treatments that your doctor recommends.