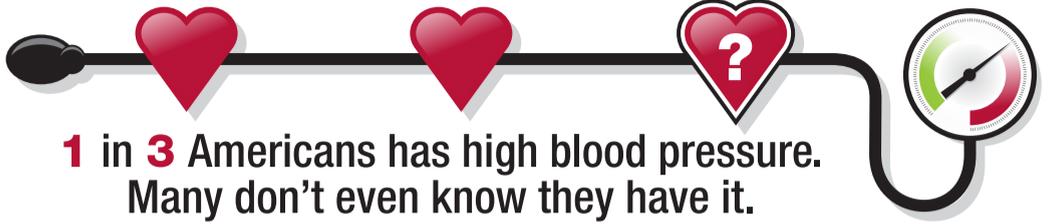


HAVE YOUR



IN THE RIGHT PLACE



1 in 3 Americans has high blood pressure. Many don't even know they have it.

How To Understand Blood Pressure Readings and Levels

You can better manage blood pressure by understanding the meaning behind the levels.

FIND OUT WHAT IS CONSIDERED:

NORMAL | **PREHYPERTENSION** | **HYPERTENSION** | **HYPERTENSIVE CRISIS**

Blood pressure is typically recorded as two numbers, written in a ratio.

117
76

SYSTOLIC

117 over 76 millimeters of mercury

DIASTOLIC

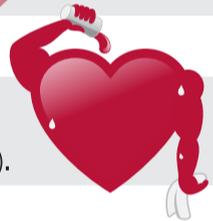
SYSTOLIC

The top number (the higher of the two numbers) measures the pressure in the arteries when the heart beats (when the heart muscle contracts).



DIASTOLIC

The bottom number (the lower of the two numbers) measures the pressure in the arteries between heartbeats (when the heart muscle is resting between beats and refilling with blood).



STAY IN THE GREEN ZONE

Blood Pressure Risk Category	Systolic Mm Hg (upper #)		Diastolic Mm Hg (lower #)
Normal	<120	and	<80
Prehypertension	120-139	or	80-89
High Blood Pressure (Hypertension) Stage 1	140 – 159	or	90 – 99
High Blood Pressure (Hypertension) Stage 2	160 or >	or	100 or >
Hypertensive Crisis (Emergency Care Needed)	>180	or	>110

WHAT CAN YOU DO?



Get Active



Control Cholesterol



Eat Better



Lose Weight



Reduce Blood Sugar



Stop Smoking

