

# What is blood pressure? .....

Blood Pressure is the force of blood pushing against the walls of arteries as your heart pumps blood. When your blood pressure is consistently elevated, it puts strain on the body and leads to an increased risk of heart disease, kidney disease, and stroke. It is important to monitor your blood pressure and to be equipped to make healthy decisions that will help maintain a healthy blood pressure.

Unfortunately, nearly 50% of Americans have high blood pressure. Many don't even know they have it. It is also known as a "silent killer". Many times there are not obvious symptoms.

Today's reading is just a snapshot of your health, as your blood pressure can vary. Regularly monitoring your blood pressure is a critical step for your overall well-being!



FRANKLIN COUNTY KANSAS  
EST. 1855

## Know your numbers .....

	Blood Pressure Category	Systolic	and	Diastolic
Systolic (upper number) <hr/> Diastolic (lower number)	Normal blood pressure	less than 120	and	less than 80
	Elevated blood pressure	120-129	and	less than 80
	High blood pressure Stage 1	130-139	or	80-89
	High blood pressure Stage 2	140 or higher	or	90 or higher

Data retrieved from heart.org

## Now what? .....

**Normal blood pressure:**  
Great! Keep making healthy lifestyle choices and periodically check your numbers.

**Elevated blood pressure:**  
Now is the time to start making healthier decisions to reduce risk of health problems down the road. You may want to talk to your Healthcare Provider for advice as well.

**High blood pressure Stage 1:**  
It is important for you to see your Healthcare provider soon for an evaluation. By making healthy lifestyle changes you can help lower your blood pressure and reduce risk of disease progression.

**High blood pressure Stage 2:**  
It is important for you to see your Healthcare provider as soon as you can for further instructions. Lifestyle changes and working with your Doctor are both important for your health!

**Write your numbers here: \_\_\_\_\_ / \_\_\_\_\_**

## Heart Healthy Habits

- Eat a healthy diet, low in salt
- Limit alcohol
- Manage stress
- Quit smoking
- Incorporate daily physical activity (aim for 20 minutes per day)
- Take medications as prescribed
- Regularly visit your Doctor (at least annually)

This flyer is for educational purposes only and does not seek to diagnosis medical conditions or specific medical advice. Seek guidance from your doctor or other qualified professional regarding a health condition for medical advice or treatment.