KNOW YOUR NUMBERS:
Blood pressure

What is blood pressure?

Blood pressure is the force of blood against your blood vessel walls. It is measured in millimeters of mercury or mm Hg, and is written as two numbers: for example 118/78 mm Hg. The top number, also known as the systolic number, is the pressure when the heart beats. The bottom number, also known as diastolic number, is the pressure when the heart rests between beats.

High blood pressure means the pressure in your arteries is higher than it should be. Not treating high blood pressure puts you at greater risk for heart attack and stroke. High blood pressure often has no signs or symptoms, which is why it is also known as "the silent killer." The good news is that high blood pressure can be treated and managed.

The first step: Know your numbers

Blood Pressure Category	Systolic Blood Pressure	AND/OR	Diastolic Blood Pressure
Normal	<120 mm Hg	**AND**	<80 mm Hg
Elevated	120–129 mm Hg	**AND**	<80 mm Hg
High Blood Pressure			
Stage 1	130–139 mm Hg	**OR**	80–89 mm Hg
Stage 2	≥ 140 mm Hg	**OR**	≥ 90 mm Hg

Prevention is key

A few lifestyle changes can help lower your blood pressure and risk for heart disease.

- Stop smoking
- Manage diabetes
- Maintain a goal weight
- Check for sleep apnea
- Eat less salt, sugar and fatty foods
- Watch portion sizes
- Reduce stress – try meditation
- Get active – aim for 150 minutes of moderate aerobic activity weekly

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Remember when getting ready to check your blood pressure, sit and relax for five minutes. Be sure to sit with your back supported and your feet on the floor.

Date	Time	Blood Pressure	Date	Time	Blood Pressure

Blood pressure readings can vary greatly depending on when, where and the type of cuff used.
See your physician if readings are consistently above 130/80.

QUESTIONS?

For more wellness tips or to find a doctor, visit OhioHealth.com

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