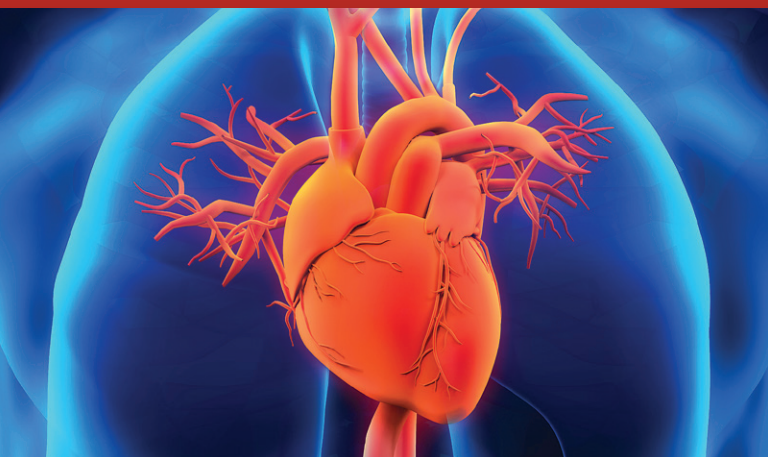


Control Your High Blood Pressure



Blood pressure measures the force it takes the heart to pump blood through the body. High blood pressure, or hypertension, means the heart must work harder to pump blood. If untreated, it can lead to heart disease, heart attack and stroke.

There are usually no physical symptoms for high blood pressure. That is why it is so important to know your own blood pressure numbers and to check your blood pressure often.

Don't Let Your Blood Pressure Erupt

Blood Pressure Category for Adults	Systolic (upper number)		Diastolic (lower number)
CRITICAL! Really High Blood Pressure	160 or higher	or	100 or higher
DANGER! High Blood Pressure	140-159	or	90-99
AT RISK! Prehypertension	120-139	or	80-89
SAFE! Normal*	119 or lower	and	79 or lower

*Blood pressure is generally considered low and requires follow-up when it is below 90/60.

Seventh Report of the Joint National Committee on Prevention, Detection, Evaluation and Treatment (JNC 7) of High Blood Pressure.

Contact your health care provider if your top number is **120 or higher**, or your bottom number is **80 or higher**.



What You Can Do to Reduce Your Blood Pressure:

- Get your blood pressure checked by your health care provider.
- Work with your health care provider to set your goal blood pressure numbers.
- Check your blood pressure at home.
- Take medicine as prescribed to help lower blood pressure.
- Make lifestyle changes:
 - Choose healthier foods that are lower in salt and fat. Visit myeatSMARTmove.com
 - Maintain a healthy weight; lose any extra pounds. Visit esmmweighless.com
 - If you smoke or use any form of tobacco, quit. Visit quitline.com or call 1-800-QUIT-NOW (1-800-784-8669)
 - Move your body and be active most days of the week. Visit myeatSMARTmove.com

Know your numbers.

Don't be satisfied until you reach your goal.

Start  **With**
Your Heart[®]

*Justus-Warren Heart Disease
& Stroke Prevention Task Force*