

# 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)
<b>CRITICAL!</b> Really High Blood Pressure	<b>160 or higher</b>	or <b>100 or higher</b>
<b>DANGER!</b> High Blood Pressure	<b>140-159</b>	or <b>90-99</b>
<b>AT RISK!</b> Prehypertension	<b>120-139</b>	or <b>80-89</b>
<b>SAFE!</b> Normal*	<b>119 or lower</b>	and <b>79 or lower</b>

\*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](http://myeatSMARTmove.com)
  - Maintain a healthy weight; lose any extra pounds. Visit [esmmweighless.com](http://esmmweighless.com)
  - If you smoke or use any form of tobacco, quit. Visit [quitline.com](http://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](http://myeatSMARTmove.com)

**Know your numbers.**

Don't be satisfied until you reach your goal.

**Start**  **With**  
**Your Heart**<sup>®</sup>

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