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

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.
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 myeatsmartmovemore.com
  — Maintain a healthy weight; lose any extra pounds. Visit esmmweighless.com
  — If you smoke or use any form of tobacco, quit. Visit quitlinenc.com or call 1-800-QUIT-NOW (1-800-784-8669)
  — Move your body and be active most days of the week. Visit myeatsmartmovemore.com

Know your numbers.
Don’t be satisfied until you reach your goal.