



UNDERSTANDING BLOOD PRESSURE



FLINT

DOING WHAT'S BEST.®

mclaren.org/flint

M-35044-B (01.19)



FLINT

DOING WHAT'S BEST.®

mclaren.org/flint

SYS
mmHg

DIA



DID YOU KNOW HIGH BLOOD PRESSURE IS A MAJOR FACTOR FOR HEART DISEASE AND STROKE?

Every cell in the body needs a constant supply of blood to bring in oxygen and nutrients and to remove waste products. Your heart keeps blood moving from cell to cell, and if you have high blood pressure, your heart has to work harder. This can cause the heart to become enlarged and less efficient, and can also cause damage to artery walls increasing the likelihood that fatty plaque will be deposited and oxygen flow will be reduced. This can lead to a stroke or a heart attack.

WHAT DO THE NUMBERS MEAN?

Blood pressure is measured with two numbers. The top number, systolic blood pressure, is the pressure in the blood vessels when your heart pumps. The bottom number, diastolic blood pressure, is the pressure between beats. A normal reading is 120/80, but remember, the lower the numbers the better.

High blood pressure, or hypertension, usually has no warning signs. A heart attack or stroke may be the first sign!

BLOOD PRESSURE CATEGORIES

Normal:	below 120/80
Prehypertensive:	up to 130/80
High	140/90 or higher

WHAT TO DO IF YOU HAVE HIGH BLOOD PRESSURE

Make an appointment with your health care provider if your blood pressure is high. Chances are you may be able to control it with lifestyle changes. If not, there are medications available to help lower blood pressure

HELPFUL TIPS

- Maintain a healthy weight by adopting a well-balanced diet and becoming more physically active.
- Don't smoke. If you smoke, quit. McLaren Flint has a tobacco treatment specialist who can get you started on your quit plan. Call 810-342-5370 to get started. There is no cost to participate.
- Take all prescribed blood pressure medicine as directed. Even if your blood pressure drops, check with your health care provider before making any changes.
- Limit alcohol to one or two drinks per day.
- Limit the amount of sodium in your diet. Stay away from processed foods, such as canned, boxed, or frozen foods since they are typically high in sodium.

Date: _____

Result: _____