

Do you have good blood pressure?

High blood pressure is a silent killer. High Blood pressure starts at 130 over 80, not 140 over 90. Many people with high blood pressure don't even know they have it. High blood pressure develops slowly over time and can be related to many causes. High blood pressure cannot be cured. However, it can be managed very effectively through lifestyle changes and when needed, medication. If you are looking for a list of symptoms and signs of high blood pressure (HBP or hypertension) **you won't find them.** This is because most of the time, there are none. **Myth: People with high blood pressure will experience symptoms, like nervousness, sweating, difficulty sleeping or facial flushing.** If you have High Blood Pressure get it under control. **If you have high blood pressure get it under control - Diet and Exercise can help reduce it.**

Blood Pressure Categories



BLOOD PRESSURE CATEGORY	SYSTOLIC mm Hg (upper number)		DIASTOLIC mm Hg (lower number)
NORMAL	LESS THAN 120	and	LESS THAN 80
ELEVATED	120 – 129	and	LESS THAN 80
HIGH BLOOD PRESSURE (HYPERTENSION) STAGE 1	130 – 139	or	80 – 89
HIGH BLOOD PRESSURE (HYPERTENSION) STAGE 2	140 OR HIGHER	or	90 OR HIGHER
HYPERTENSIVE CRISIS (consult your doctor immediately)	HIGHER THAN 180	and/or	HIGHER THAN 120

One of Three Biomarkers You Should Know?
2. Blood Pressure

Do YOU/CAN YOU DO THIS?
 Short Wellness Self-Checks

Solving problems before they happen.

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