

CONTROLLING HIGH BLOOD PRESSURE



HIGH BLOOD PRESSURE

Since 1995, high blood pressure in Alabamians has increased from 25% to 40% of the population.¹

High blood pressure, also called hypertension, is "the silent killer" because of no warning signs.

Untreated high blood pressure can lead to coronary heart disease, heart failure, heart attack, stroke, kidney damage, angina (chest pain related to heart disease), peripheral artery disease, and blindness.²

RISK FACTORS FOR HIGH BLOOD PRESSURE ²

RISK FACTORS OUTSIDE YOUR CONTROL

- ▶ **Family History**
- ▶ **Age**
- ▶ **Gender**
- ▶ **Race**

RISK FACTORS YOU CAN CONTROL

- ▶ **Lack of Physical Activity**
- ▶ **Unhealthy Diet, High in Salt and Cholesterol**
- ▶ **Overweight and Obesity**
- ▶ **Drinking Too Much Alcohol**
- ▶ **Cigarette Smoking**
- ▶ **Stress**
- ▶ **Sleep Apnea**

WHAT DO THE NUMBERS MEAN?

120
80

The top number represents the pressure while the heart is beating.

The bottom number represents the pressure when the heart is resting between beats.

BLOOD PRESSURE CATEGORY	TOP NUMBER SYSTOLIC mm Hg	BOTTOM NUMBER DIASTOLIC mm Hg
Normal	Less than 120	Less than 80
Prehypertension	120 - 139	80 - 89
High Blood Pressure (Hypertension) Stage 1	140 - 159	90 - 99
High Blood Pressure (Hypertension) Stage 2	160 or higher	100 or higher
Hypertensive Crisis (EMERGENCY CARE NEEDED)	Higher than 180	Higher than 110

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