

What is Hypertension?

Hypertension is the medical word for high blood pressure. Blood pressure is the force of the blood pushing against your blood vessel walls (arteries). When you have hypertension, the pressure in your arteries stays high.

What do the blood pressure numbers mean?

Systolic Blood Pressure

The **top number** is the systolic blood pressure. It is the pressure in the arteries when the heart is pumping blood.

Diastolic Blood Pressure

The **bottom number** is the diastolic blood pressure. It is the pressure remaining in the arteries when the heart is resting between beats.

118/82 mmHg

Blood Pressure Category	Systolic mm Hg (top number)		Systolic mm Hg (top 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	
Severe Hypertension (call your doctor immediately)	Higher than 180	and/or	Higher than 120	

What happens if hypertension is not treated?

High blood pressure over time can lead to health problems all over the body, including:

Heart Attack

Stroke

Vision Loss

Kidney Failure

What can I do about high blood pressure?

✓ **Eat healthy foods**

✓ **Take your
medications**

✓ **Reduce salt/
sodium**

✓ **Exercise regularly**

✓ **Lose weight
(if overweight)**

✓ **Reduce stress**

✓ **Limit alcohol**

✓ **Check you blood
pressure**

✓ **Stop Smoking**