

What is High Blood Pressure

Week 1

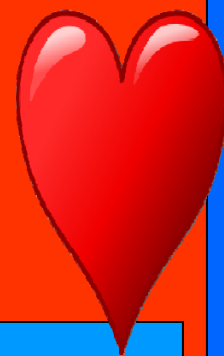
- **Blood Pressure** is the force of blood pushing against the walls of your arteries.
- **High Blood Pressure** means that your blood is moving through your arteries with a pressure higher than normal. The higher the pressure inside your arteries, the higher your reading and the more damage to the body.

What does my blood pressure reading mean?

Normal blood pressure is 120/80 or lower. High blood pressure is 140/90 or higher. If your blood pressure is between 120/80 and 140/90, you have something called “prehypertension,” which means that you are in the beginning stages of high blood pressure and at higher risk heart disease and diabetes.

Only your doctor can tell you whether you have high blood pressure. Most doctors will ask you to check your blood pressure several times on different days before officially diagnosing you with high blood pressure. If you have high blood pressure or prehypertension, you will need to check your blood pressure regularly and keep in touch with your family doctor.

	Systolic (first/top number)	Diastolic (second/bottom number)
Normal	Less than 120	Less than 80
Prehypertension	120–139	80–89
High blood pressure: Stage 1*	140–159	90–99
High blood pressure: Stage 2	160 or higher	100 or over



Just 1 small change at a time!

You can do a *lot* of good by doing *little* things. For example:

- Have 1 less salty snack and 1 more helping of vegetables.
- Spend 10 minutes less watching TV and 10 minutes more walking.

These little things add up to lower your Blood Pressure!