



Keep Blood Pressure in Check

You can have high blood pressure (HBP) and not know it. There are usually no signs or symptoms. Get it checked as often as your doctor advises. Untreated high blood pressure plays a major role in stroke, heart disease, kidney disease, dementia, and vision loss.

TAKE CONTROL

- Take medications as prescribed. When your blood pressure numbers are what they should be, it means your medications are working, along with having heart-healthy habits.
- Aim for a healthy weight. Losing even 10 pounds can lower blood pressure.
- Limit salt and sodium.
- Eat a balanced diet and limit processed foods.
- Aim for at least 30 minutes of physical activity on most days.
- Quit if you use tobacco products.

Blood Pressure Level (mm Hg)			
	Systolic	and	Diastolic
Normal	Less than 120	and	Less than 80
Elevated	120–129	and	Less than 80
High Blood Pressure (Hypertension)	130 or higher	or	80 or higher

If your doctor diagnoses HBP, your goal is to keep it less than 140/90 mm Hg. If you are African American or have diabetes or kidney disease, the goal is less than 130/80 mm Hg.

ACTION STEP

Check your blood pressure at home as advised by your doctor. Discuss harmful medication interactions. Find out which over-the-counter medications are safe for you to use.

