

# High Blood Pressure



## What is blood pressure

Blood pressure is the force of your blood moving against the walls of the Arteries. It is monitored by reading two numbers your top number or systolic, and your bottom number or diastolic.

High	Systolic 140 or above OR Diastolic 90 or above
Pre-High	Systolic between 121-139 OR Diastolic between 81-89
Normal	Systolic 120 or less AND Diastolic 80 or less

## Blood Pressure ranges

The ideal Blood pressure reading is 120/80. Anything higher than 140/90 long-term will need to be treated with either lifestyle changes or medications.

Manual blood pressure is the most accurate way of testing your blood pressure, however, this can be hard to do at home on yourself. Automatic wrist cuffs are a great alternative since they are easier to use at home.

Your provider may ask you to keep a blood pressure log at home. This will consist of date, time, reading of both systolic (top number) and diastolic (bottom number), and heart rate.



## Signs and Symptoms

High blood pressure may have zero signs or symptoms. Common S/S or long-term high blood pressure can include:

- Headache
- Tiredness
- Nosebleeds
- Ringing in Ears
- Excessive sweating
- Redness in face and neck
- Heart disease, or heart attacks
- Stroke
- Kidney failure



## Prevention of High Blood Pressure

1. Exercise 3-5 days a week for at least 20-30 minutes
2. Nutrition: Fruits, Veggies, Cut back on sodium intake (less than 2 grams or 2000 mg per day)
3. Weight loss
4. Check your blood pressure regularly
5. Quitting smoking
6. Cut back on alcohol

