

# DO YOU KNOW YOUR BLOOD PRESSURE AND WHAT TO DO ABOUT IT?

Maintaining a normal blood pressure is important for living a long and healthy life. Find out what your blood pressure numbers mean and actions you can take to lead a healthy lifestyle.

<b>Normal</b> <120/<80	Lead a healthy lifestyle and get checks every year.
<b>Elevated</b> 120-129/<80	Make healthy lifestyle changes and get checked in 3 to 6 months.
<b>High/Stage 1</b> 130-139/80-89	Make healthy lifestyle changes and get a 10-year heart disease and stroke risk test, which estimates the chances of you having a heart attack or stroke in 10 years. If your risk is <10%, get checked in 3 to 6 months. If your risk is ≥10%, get monthly follow-ups until your blood pressure is controlled.
<b>High/Stage 2</b> ≥140/≥90	Make healthy lifestyle changes and get monthly follow-ups until your blood pressure is controlled. Your doctor may recommend high blood pressure medicine.

## HEALTHY LIFESTYLE CHANGES



Lose weight



Quit smoking



Eat healthy foods



Eat less salt



Exercise regularly



Drink less alcohol

### References

1. New ACC/AHA high blood pressure guidelines lower definition of hypertension. *American College of Cardiology*. November 13, 2017. Accessed September 5, 2018.
2. An overview of high blood pressure treatment. *WebMD*. Reviewed December 17, 2017. Accessed September 5, 2018.