



Tips to Lower Your Blood Pressure

- Visit your Physician
- Achieve and maintain a healthy weight
- Have regular physical activity (try walking)
- Avoid excessive stress
- Limit alcohol intake
- Do not smoke
- Maintain a healthy diet
- Avoid salty foods
- Take blood pressure medication, if prescribed

BLOOD PRESSURE

Blood pressure is the force of blood against the walls of your arteries. An elevated blood pressure indicates that your heart is working too hard, putting a strain on your heart muscle and arteries. The extra workload can lead to serious health problems.

High blood pressure is called Hypertension, a major risk factor for heart disease and strokes. This illness is commonly referred to as the “Silent Killer” because it usually has no symptoms.

Systolic Pressure is the top and largest number. This is the amount of force on the artery walls when the heart is pumping.

Diastolic Pressure is the lower and smaller number. This is the amount of force on the artery walls when the heart is resting between beats.

The only way to know if your blood pressure is elevated is to have it checked regularly.

Get Educated! Visit These Online Resources for More Information.

American Heart Association- www.americanheart.org

National Heart, Lung, and Blood Institute- www.nhlbi.nih.gov

BLOOD PRESSURE

CHOLESTEROL

GLUCOSE

PSA

BONE DENSITY

HEMOGLOBIN A1C

HRA

BODY COMPOSITION

FACIAL SKIN ANALYSIS

WHAT COULD THE RESULTS INDICATE?

	<u>SYSTOLIC PRESSURE (mmHg)</u>		<u>DIASTOLIC PRESSURE (mmHg)</u>
NORMAL	Less than 120	and	Less than 80
PREHYPERTENSION	120 - 139	or	80 - 89
HIGH			
Stage 1	140 - 159	or	90 - 99
Stage 2	160 or higher	or	100 or higher

*Your doctor should also evaluate unusually low readings.