

HYPERTENSION

KNOW YOUR NUMBERS

Systolic (reading above)-measures the pressure in the arteries when the heart muscle contracts (when your heart beats).

| | | |
|---------|------------------|--------------|
| ↓ 120 | 120-139 | ↑ 140 |
| ↓ 80 | 80-89 | ↑ 90 |
| OPTIMAL | PRE-HYPERTENSION | HYPERTENSION |

Diastolic (reading below)-measures the pressure in the arteries when the heart muscle rests in between beats & refills with blood.

CAUSES & RISK FACTORS



LIFESTYLE CHANGES



Weight Reduction



Stop Smoking



Regular Physical Activity



Sodium Intake Reduction



Diet Rich in Fruits, Vegetables & Low Fat Dairy Products

COMPLICATIONS



Heart Attack



Stroke



Kidney Failure



Vision Loss