

High Blood Pressure

AKA HYPERTENSION

WHAT IT MEANS AND
WHAT TO ASK

EMPOWER YOURSELF TO
ASK THE RIGHT
QUESTIONS AT YOUR
NEXT APPOINTMENT



What Is High Blood Pressure?

YOUR HEART PUMPS BLOOD THROUGH VESSELS. IF THE PRESSURE IS TOO HIGH, IT DAMAGES YOUR HEART, BRAIN, AND KIDNEYS OVER TIME.

WHAT DO BP READINGS MEAN?

- NORMAL BP: LESS THAN 120/80
- ELEVATED BP: 120–129/<80
- HIGH BP (STAGE 1): 130–139/80–89
- HIGH BP (STAGE 2): 140+/90+

Common Symptoms

MOST PEOPLE HAVE NO SYMPTOMS — THAT'S WHY HIGH BLOOD PRESSURE IS CALLED THE "SILENT KILLER."

IN SEVERE OR ADVANCED CASES,
SYMPTOMS MAY INCLUDE:

- HEADACHE
- BLURRY VISION
- CHEST PAIN
- FATIGUE
- NOSEBLEEDS

What Causes High BP?

- STRESS
- POOR DIET (ESPECIALLY SALTY OR PROCESSED FOODS)
- LACK OF PHYSICAL ACTIVITY
- SMOKING
- EXCESS ALCOHOL
- GENETICS OR FAMILY HISTORY
- OTHER CHRONIC DISEASES (E.G. KIDNEY DISEASE, DIABETES)

How Can I Manage It?

- EAT MORE FRUITS AND VEGGIES, LESS SALT
- MOVE YOUR BODY FOR 30 MINUTES MOST DAYS
- LIMIT ALCOHOL AND STOP SMOKING
- MANAGE STRESS (DEEP BREATHING, THERAPY, SUPPORT GROUPS)
- TAKE MEDICATIONS AS PRESCRIBED BY YOUR DOCTOR

Ask Your Doctor These Questions

- WHAT DO MY BLOOD PRESSURE NUMBERS MEAN?
- DO I NEED MEDICATION NOW, OR CAN I TRY LIFESTYLE CHANGES FIRST?
- HOW OFTEN SHOULD I CHECK MY BLOOD PRESSURE AT HOME?
- WHERE CAN I FIND A LOW-COST HOME BP CUFF?
- WHAT ARE THE RISKS OF UNTREATED HIGH BLOOD PRESSURE?

LEARN MORE:

- CDC: [WWW.CDC.GOV/BLOODPRESSURE](https://www.cdc.gov/bloodpressure)
- AMERICAN HEART ASSOCIATION: [WWW.HEART.ORG](https://www.heart.org)