

# HealthTalk *Express*

## PRESSURE DOWN: Controlling Your Blood Pressure



When was the last time you had your  
**BLOOD PRESSURE** checked?





**1 in 2 American adults have high blood pressure**

**That's 116 Million people**

Americans spend **\$131–\$198 Billion** annually on direct and indirect medical costs

**116 Million**

**92.1 Million  
Uncontrolled**

**103 Million  
Not aware**

**34.1 Million  
Aware, but  
untreated**

**33.6 Million  
Aware and  
treated\***

\*Inadequate treatment

# Blood pressure categories defined by the American Heart Association\*

| Blood Pressure Category                               | Systolic mm Hg (upper number) |               | Diastolic mm Hg (lower number) |
|---|-------------------------------|---------------|--------------------------------|
| Normal  | Less than 120                 | <u>and</u>    | Less than 80                   |
| Elevated  | 120–129                       | <u>and</u>    | 80                             |
| Hypertension – Stage 1                                | 130–139                       | <u>or</u>     | 80–89                          |
| Hypertension – Stage 2                                | 140 or higher                 | <u>or</u>     | 90 or higher                   |
| Hypertension Crisis (consult your doctor immediately) | Higher than 180               | <u>and/or</u> | 120 or higher                  |



## Your Readings

### Systolic

- Top number, higher of the two readings
- Measures the pressure when the heart beats

### Diastolic

- Bottom number
- Measures the pressure between heart beats



**117**  
**76** mm Hg

**Read as**  
**"117 over 76**  
**millimeters**  
**of mercury"**

# The Silent Killer

High blood pressure is called the “silent killer” because it has no major warning signs or symptoms, and many people do not know they have it. The only way to know if you have it is to measure your blood pressure. Then you can take steps to treat it if it is too high.

## Take Action:

### Measure



- **Doctor's Office.** Check your blood pressure during routine visits.
- **Pharmacy.** Many pharmacies offer a machine to measure blood pressure.
- **Home.** Manual and electronic blood cuffs can be purchased at stores or online.

### Monitor

Three guidelines on how to frequently monitor your blood pressure:

- With high blood pressure, at least a few times a week.
- Under treatment, daily measuring.
- Without high blood pressure, yearly monitoring.



### Maintain

- Regularly test blood pressure.
- Track changes.
- Adopt positive lifestyle habits.





# Who is YOUR reason?



Our health is important not only to ourselves but to those we love.

Share this resource with your family and friends because the information will also benefit them.

If you do not know your blood pressure, go to a local pharmacy to get checked for free.

Measure, Monitor, and Maintain are three steps we can all decide to follow, especially when we choose put our health first.