# HealthTalk Express

**PRESSURE DOWN:** Controlling Your Blood Pressure



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

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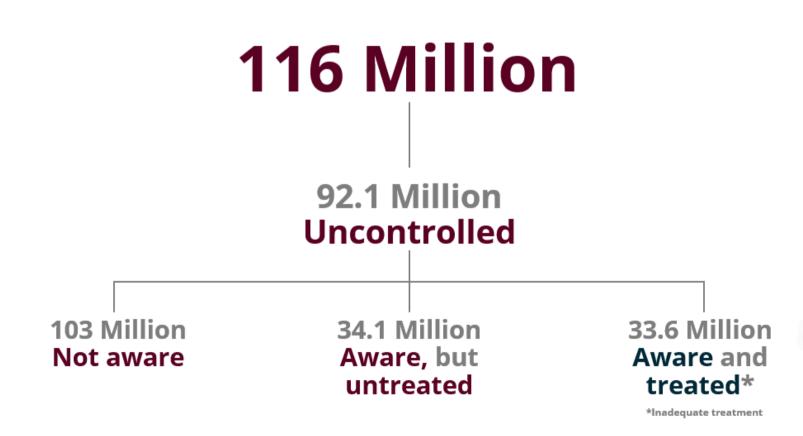




## 1 in 2 American adults have high blood pressure

## That's 116 Million people

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





#### 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	and	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	and/or	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 mm Hg 76

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 canbe 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.

