

# BLOOD PRESSURE

Blood pressure is the amount of force exerted on the arteries as blood is pumped from the heart and circulates throughout the body. A person's blood pressure can fluctuate during the day and become elevated in times of stress and while exercising. However, when a person's blood pressure remains elevated for an extended period of time, damage to blood vessels and organs can occur without them even knowing. This is why high blood pressure is sometimes referred to as the *silent killer*.

## DEFINITIONS

**Hypertension** – High Blood Pressure – Any blood pressure reading greater than 140/90.

**Systolic** – The *top* number – This number represents the amount of pressure exerted on the arteries when the heart is beating.

**Diastolic** – The *Bottom* number – This number represents the amount of pressure exerted on the arteries when the heart is resting.

120 (SYSTOLIC)  
80 (DIASTOLIC)

## LOWERING BLOOD PRESSURE

~ **Weight Loss** – Even losing as little as 10 pounds can make a big difference.

~ **Stress Management** – Learning to minimize stress can help balance excess cortisol and lower blood pressure.

~ **Physical Activity** – Engaging in regular physical activity can strengthen the heart, which will allow it to work more efficiently.

~ **Healthy Diet** – High fat and high sodium foods can lead to increases in blood pressure....work to limit these foods.

Category	Systolic (mmHg)	Diastolic (mmHg)	Follow up
Normal	<120	<80	Re-check 1 year
Pre-Hypertension	120-139	80-89	Confirm w/in 2 months
Stage 1 Hypertension	140-159	90-99	See your Doctor
Stage 2 Hypertension	>160	>100	See your Doctor