



Understanding the HYPE about Hypertension

1 in 3 American adults have high blood pressure (also known as hypertension). High blood pressure is called the “silent killer” because it often has NO warning signs or symptoms. If left untreated, hypertension can lead to serious consequences such as heart attacks, strokes, kidney disease, vision loss, and sexual dysfunction.¹

Tips For Managing Your Blood Pressure ²



Monitor

Check your blood pressure regularly



Eat Smart

- Increase fruits, vegetables, potassium, and whole grains
- Use less than 1 teaspoon of salt per day
- Limit fats that are solid at room temperature, such as butter, shortening, and coconut oil
- Minimize trans fat and high cholesterol foods



Get on the Move

Physical activity helps control blood pressure, weight, and stress levels



Maintain a Healthy Weight

If you're overweight, losing just a few pounds can reduce high blood pressure



Sleep Well

High blood pressure is associated with poor-quality sleep and short sleep (less than 6 hours)



Limit Alcohol

1 drink per day for women / 2 drinks per day for men



Don't Smoke

Every time you smoke, vape or use tobacco, the nicotine can temporarily increase blood pressure

Know Your Numbers

	Normal	Elevated	High Stage 1	High Stage 2
Systolic (mm Hg)	Below 120	120 -129	130 -139	140 & Above
Diastolic (mm Hg)	Below 80	Below 80	80-89	90 & Above

Sources:
 1. Centers for Disease Control and Prevention (<https://www.cdc.gov/bloodpressure/index.htm>)
 2. <https://www.heart.org/-/media/healthy-living-files/infographics/lifes-simple-7-blood-pressure-infographic.pdf?la=en&hash=46F23AFBEF3139B7103F58732F4894377DE3A4CE>

Treatment Disclaimer: This poster is for education purposes, not for use in the treatment of medical conditions. It is based on skilled medical opinion as of the date of publication. However, medical science advances and changes rapidly. Furthermore, diagnosis and treatment are often complex and involve more than one disease process or medical issue to determine proper care. If you believe you may have a medical condition described in the poster, consult your doctor.