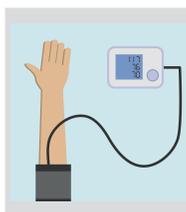




# HOW TO MANAGE BLOOD PRESSURE

## 1 UNDERSTAND READINGS AND LEVELS

The first step to managing blood pressure is to understand what the levels mean and what is considered normal, elevated, high blood pressure (hypertension), and hypertensive crisis.



Blood pressure is typically recorded as two numbers, written as a ratio like this:

**117**  
**76**

Read as "117 over 76 millimeters of mercury."

### Systolic<sup>1</sup>

The top number, the higher of the two numbers, measures the pressure in the arteries when the heart beats (when the heart muscle contracts).

### Diastolic<sup>2</sup>

The bottom number, the lower of the two numbers, measures the pressure in the arteries when the heart is resting between heart beats.

### THE AHA DEFINES THESE CATEGORIES AS<sup>3</sup>:

Blood Pressure Category	Systolic mm Hg (upper #)		Diastolic mm Hg (lower #)
Normal	Less than 120	and	Less than 80
Elevated Blood Pressure	120–129	and	Less than 80
High Blood Pressure (Hypertension) Stage 1	130–139	or	80–89
High Blood Pressure (Hypertension) Stage 2	140 or higher	or	90 or higher
Hypertensive Crisis (Consult your doctor immediately)	Higher than 180	and/or	Higher than 120

## 2 LEARN AND TRACK LEVELS



Check.



Change.



Control.



Check.  
Change.  
Control.™

Medical providers can take blood pressure readings and provide recommendations.

Check. Change. Control. helps track and manage progress in reducing blood pressure.

Track online with [ccctracker.com/aha](http://ccctracker.com/aha)

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 2. [http://www.heart.org/HEARTORG/Encyclopedia/Heart-Encyclopedia\\_UCM\\_445084\\_Encyclopedia.jsp?title=diastolic\\_blood\\_pressure](http://www.heart.org/HEARTORG/Encyclopedia/Heart-Encyclopedia_UCM_445084_Encyclopedia.jsp?title=diastolic_blood_pressure)  
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## 3 TIPS FOR SUCCESS



### EAT SMART

Follow a healthy eating pattern that emphasizes fruits and vegetables and includes whole grains, low-fat dairy, and healthy proteins and fats. Limit sugary foods and drinks, fatty or processed meats, salty foods, and highly processed foods.<sup>4</sup>



### GET ACTIVE

Physical activity helps control blood pressure, weight and stress levels.<sup>5</sup>



### MANAGE WEIGHT

If you're overweight, even a slight weight loss can prevent high blood pressure.<sup>6</sup>



### QUIT SMOKING

Every time you smoke, it can cause a temporary increase in blood pressure.<sup>7</sup>



### LEARN THE SALTY SIX

Limit the amount of sodium you're eating each day. Learn the Salty Six — common foods loaded with excess sodium.

**Cold Cuts & Cured Meats**  
**Pizza**  
**Soup**  
**Breads & Rolls**  
**Sandwiches**  
**Burritos & Tacos**

