

Blood Pressure 101



What is Blood Pressure (BP)?

The amount of force blood pushes against the walls of your blood vessels. Blood pressure is the result of two forces:

1. Systolic pressure: when the heart pumps blood out into the body
2. Diastolic pressure: when the heart rests between beats

BLOOD PRESSURE CATEGORY	SYSTOLIC mm Hg (upper number)		DIASTOLIC mm Hg (lower number)
NORMAL	LESS THAN 120	and	LESS THAN 80
ELEVATED	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

Know your numbers! Look at the table to know where you stand.



Although symptoms may not show, uncontrolled high blood pressure (also known as hypertension), can lead to many problems such as:

- Vision Loss
- Stroke
- Kidney Disease
- Heart attack/heart failure
- Sexual dysfunction

There are many things you can do to keep your BP under control, including:

- Taking your medications properly
- Eating a low sodium diet (www.dashdiet.org)
- Being active for 30 minutes a day
- Limiting alcohol
- Managing stress
- Quitting smoking
- Maintaining a healthy weight
- Checking your BP regularly

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