



Did you know?

THESE THINGS RAISE BLOOD PRESSURE:

- ♥ High salt diet (aim for diets low in processed foods, fast foods, and no added salt)
- ♥ Pain Relievers such as Advil®, Aleve®, ibuprofen, or naproxen (Tylenol®/ acetaminophen is alright)
- ♥ Smoking, vaping, chewing, or otherwise using tobacco or nicotine
- ♥ More than one alcoholic drink a day
- ♥ Poor sleep, snoring or untreated sleep apnea (most often related to excess weight)
- ♥ Some depression medicines, cold medication, and ADHD medication
- ♥ Illegal drugs such as meth and cocaine
- ♥ Pain
- ♥ Anxiety or worry

It's important
for every adult
to know their
blood pressure.

DO YOU KNOW YOURS?

Blood Pressure Categories



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
HYPERTENSION CRISIS (consult your doctor immediately)	HIGHER THAN 180	and/or	HIGHER THAN 120

High blood pressure can lead to stroke, vision loss, heart attack, heart failure, kidney disease/failure, and even things like sexual dysfunction.

A healthy heart keeps us around for our loved ones.

Now is a good time to get a Primary Care Provider and have your blood pressure checked.