






BP=Blood Pressure, BMI=Body Mass Index, SBP=Systolic Blood Pressure, DASH= Dietary Approaches to Stop Hypertension

Knowing your numbers and tracking your results over time can alert you to any changes, help you detect patterns, and reveal if the changes you’ve made are working. Learn more about improving blood pressure with the American Heart Association, visit: [www.heart.org/HBP](http://www.heart.org/HBP).

## Visit **LoveYourHeartSD.org** to:

-  1 Know Your Numbers and What They Mean
-  2 Get Active and Manage Stress
-  3 Eat a Healthy Diet and Reduce Sodium
-  4 Quit the Smoking and Alcohol Habit
-  5 Find free blood pressure screenings, virtual events, tips and activities for Love Your Heart Week of Action

Submit your blood pressure results during **Love Your Heart Week of Action!**



**February 12-20**  
Receive a free face mask!

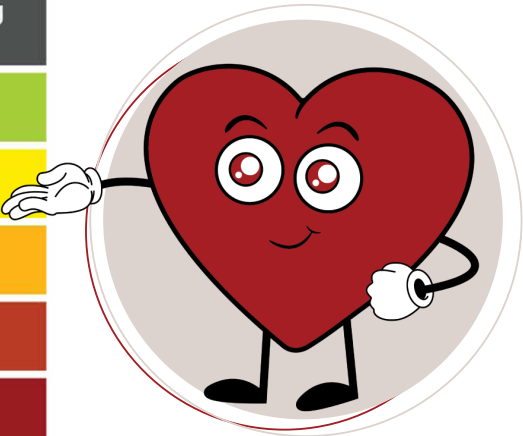
Scan QR Code to visit: [LoveYourHeartSD.org](http://LoveYourHeartSD.org)

High blood pressure (or hypertension) is when the force of blood flowing through your blood vessels is consistently too high. This can hurt your heart, lungs, arteries and veins and could cause a heart attack, stroke and other health problems. But, with good treatment and management, you can control your blood pressure to help you live a long and healthy life.

## Know Your Numbers

The best way to know if you have high blood pressure is to have it checked. Nearly half of American adults have high blood pressure...and many don’t even know they have it, because most of the time there are no obvious symptoms.

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



Your blood pressure is recorded as two numbers - Systolic/Diastolic:

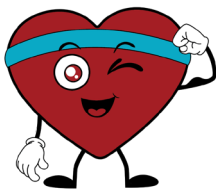


- Systolic** blood pressure is the first number (upper number) and shows the pressure of the blood against the artery walls **when the heart beats**.
- Diastolic** blood pressure is the second number (lower number) and shows the pressure of the blood against the artery walls **when the heart is resting**.

Learn more about the five blood pressure categories recognized by the **American Heart Association**, visit: [www.heart.org/HBP](http://www.heart.org/HBP) “[Understanding Blood Pressure Readings](http://www.heart.org/HBP).”



# How to Measure Blood Pressure



# Blood Pressure Guidelines

Is your blood pressure in a healthy or an unhealthy range? Know your numbers by checking your blood pressure and monitor it regularly to show patterns or changes.

1

Rest for at least 5 minutes. Sit comfortably in a quiet place, back supported, with legs uncrossed and your feet flat on the floor. Don't smoke, exercise, drink caffeinated beverages or alcohol within 30 minutes of testing.

2

Remove thick clothing from the upper arm area of your left arm.

3

Apply cuff to your left arm with the middle of the cuff at heart level.

4

Check the cuff size and fit. The bottom of the cuff should be approximately 1/2 inch above the inner elbow.

5

The air tube should rest against the inner elbow and ensure your arm is resting on a firm surface.

6

Press "START/STOP" Button to start testing. Sit calmly and don't talk while measuring. Take at least two readings, 1 min apart.\*

Classification	Systolic Blood Pressure (mmHg)		Diastolic Blood Pressure (mmHg)	Symptoms	Follow-Up Recommendation
Normal	<120	And	<80		Re-check yearly or as recommended by doctor
Elevated	120-129	And	<80		Follow up with your doctor within 3 months
Hypertension, Stage 1	130-139	Or	80-89		Follow up with doctor within 1 month; call 211 if you do not have insurance to find a community health center near you
Hypertension, Stage 2	≥ 140	Or	≥ 90		
Hypertensive Urgency*	≥ 180		≥ 120	No	Follow up with doctor immediately; call 211 if you do not have insurance to find a community health center near you
Hypertensive Emergency*	≥ 180		≥ 120	Yes (chest pain, shortness of breath, back pain, numbness/weakness, change in vision or difficulty speaking)	Call 911 or go to the Emergency Department
And remember to be active, eat healthy and don't smoke! Visit <a href="http://LOVEYOURHEARTSD.org">LOVEYOURHEARTSD.org</a> to learn more.					

\*Note: If your blood pressure suddenly exceeds 180/120, wait five minutes and then test your blood pressure again. If your readings are still unusually high, contact your doctor immediately. If your blood pressure is higher than 180/120 and you are experiencing chest pain, shortness of breath, back pain, numbness/weakness, change in vision or difficulty speaking, do not wait to see if your pressure comes down on its own. Call 911.

\*Be sure to bring your blood pressure monitor to your next doctor's appointment to make sure the readings are accurate and you are using it properly.

Love Your Heart is sponsored by the County of San Diego and the following organizations:



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