

Know Your Blood Pressure

Your heart pumps blood throughout your body to bring oxygen to all of your cells. Blood pressure is the force that moves that blood through your circulatory system, like water in a garden hose.

What Do the Numbers Mean?

Systolic: The highest pressure your blood applies against the artery walls when your heart beats.

Diastolic: The lowest pressure your blood applies against the artery walls when your heart relaxes.



Your blood pressure reading today:

Date:

Check your blood pressure again on:

(systolic in mmHG)
 (diastolic in mmHG)

Please Remember

1. If prescribed, take your blood pressure medication daily.
2. If you have high blood pressure or are at risk, keep a daily log of your blood pressure readings.
3. High blood pressure (HBP) is silent. Left uncontrolled or undetected, HBP can cause heart attack, stroke, sexual dysfunction, kidney disease and vision loss. Do not take risks and check your readings frequently.

High Blood Pressure?

Here's what you can do to reduce it:



Eat healthy, balanced meals: Try cooking at home more often, using whole foods, opting for white meats, fresh fruits and vegetables. Use spices instead of salt to season your foods.



Move! Start exercising 4–5 times per week for at least 30 minutes. Keeping a healthy weight is crucial.



Hydrate: Drink an average of eight glasses of water per day.



Reduce & Avoid: Cut down your consumption of salt, alcohol, smoking and fried foods.



Breathe! We live busy lives. Remember to breathe and use whatever works for you to reduce stress: exercise, meditate, cook, do puzzles and smile!