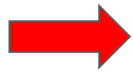
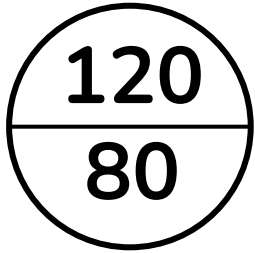


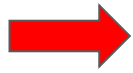
Understanding High Blood Pressure

Why is hypertension important?

Hypertension is when your blood pressure is higher than normal, so over time it can cause your heart to become overworked. High blood pressure can increase risks for stroke, heart attack and blindness.



Systolic Pressure: Measures the pressure when your heart beats.



Diastolic Pressure: Measures when your heart rests between beats.

Blood Pressure Category	Systolic Pressure (mm Hg)		Diastolic Pressure (mm Hg)
Normal	Less than 120	and	Less than 80
Elevated	120 - 129	and	Less than 80
Hypertension Stage 1	130 - 139	or	80 - 89
Hypertension Stage 2	140 or higher	or	90 or higher
Hypertensive crisis (call your doctor immediately)	Higher than 180	and/or	Higher than 120

**Your target blood pressure may be higher or lower based on your doctor's assessment and condition.*

Speak to your health provider to find out the best ways for you to maintain a normal blood pressure.



Monitor your blood pressure regularly and take medication as directed.



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