


NEW 2017 BLOOD PRESSURE GUIDELINES

Your blood pressure is an important health indicator. To put it simply, blood pressure is the force of your blood moving against the walls of your arteries. It's expressed as two numbers:

- The top number (systolic) is the pressure or force in the arteries when the heart beats
- The bottom number (diastolic) is the pressure measured between heartbeats

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

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The 2017 guidelines changed how we define and take care of high blood pressure. It's important to lower high blood pressure and lessen the chance of problems that may come with it, like a heart attack or stroke. No matter how high your blood pressure is or if you are taking blood pressure-lowering medications, changes in your habits can lead to big improvements in your blood pressure and lower your risk for heart problems. This could include plans to:



Move more



Eat healthy food



Cut salt



Limit alcohol



Lose weight



Do NOT smoke



De-stress

Talk to your healthcare provider first about changing your health habits, like getting more exercise, losing weight, and eating a heart-healthy diet. Knowing your risk for heart or blood vessel disease can help you and your provider decide the best way to keep your blood pressure down.