

# HYPERTENSION 101

Hypertension is the medical term for **high blood pressure**. High blood pressure causes the heart to work harder and can inflict harm on your arteries and organs, including your heart, brain, kidneys and even your eyes.

BLOOD PRESSURE IS RECORDED AS TWO NUMBERS:

**Systolic** - when your heart beats

**Diastolic** - when the heart relaxes between beats

CATEGORY	SYSTOLIC (mmHg)		DIASTOLIC (mmHg)	
Normal	Less than 120	AND	Less than 80	
Elevated	120-129	AND	Greater than 80	
High Blood Pressure Stage 1	130-139	AND	80-89	
High Blood Pressure Stage 2	140 or Higher	OR	90 or Higher	



Arm Circumference/Size:

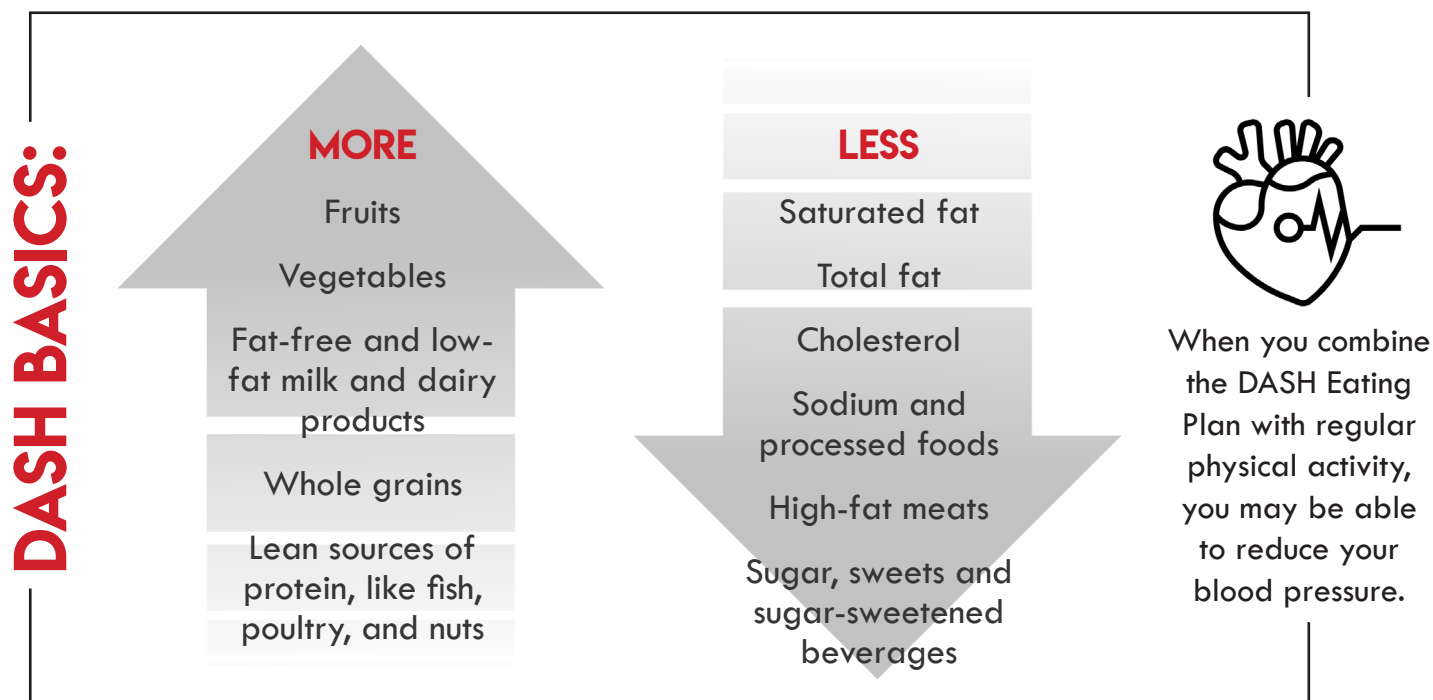
Find **American Medical Association** verified blood pressure cuffs at [www.validatebp.org](http://www.validatebp.org)

## SELF-MONITORED BLOOD PRESSURE: 7-Day Diary

MORNING READ #1	Systolic: _____	Systolic: _____	Systolic: _____	Systolic: _____	Systolic: _____	Systolic: _____
	Diastolic: _____	Diastolic: _____	Diastolic: _____	Diastolic: _____	Diastolic: _____	Diastolic: _____
	Pulse: _____	Pulse: _____	Pulse: _____	Pulse: _____	Pulse: _____	Pulse: _____
MORNING READ #2	Systolic: _____	Systolic: _____	Systolic: _____	Systolic: _____	Systolic: _____	Systolic: _____
	Diastolic: _____	Diastolic: _____	Diastolic: _____	Diastolic: _____	Diastolic: _____	Diastolic: _____
	Pulse: _____	Pulse: _____	Pulse: _____	Pulse: _____	Pulse: _____	Pulse: _____
EVENING READ #1	Systolic: _____	Systolic: _____	Systolic: _____	Systolic: _____	Systolic: _____	Systolic: _____
	Diastolic: _____	Diastolic: _____	Diastolic: _____	Diastolic: _____	Diastolic: _____	Diastolic: _____
	Pulse: _____	Pulse: _____	Pulse: _____	Pulse: _____	Pulse: _____	Pulse: _____
EVENING READ #2	Systolic: _____	Systolic: _____	Systolic: _____	Systolic: _____	Systolic: _____	Systolic: _____
	Diastolic: _____	Diastolic: _____	Diastolic: _____	Diastolic: _____	Diastolic: _____	Diastolic: _____
	Pulse: _____	Pulse: _____	Pulse: _____	Pulse: _____	Pulse: _____	Pulse: _____
NOTES						

# LIFESTYLE MODIFICATION RECOMMENDATIONS

Your high blood pressure can be prevented and lowered by following the **DIETARY APPROACHES TO STOP HYPERTENSION (DASH)** eating plan, which is high in fruits and vegetables and low in sodium.



LIFESTYLE MODIFICATION	RECOMMENDATION	AVERAGE SYSTOLIC BLOOD PRESSURE REDUCTION RANGE
Weight reduction	Maintain normal body weight (body mass index 18.5-24.9)	5-20 mmHg/10kg
DASH eating plan	Adopt a diet rich in fruits, vegetables and low-fat dairy products with reduced content of saturated fat	8-14 mmHg
Dietary sodium reduction	Reduce dietary sodium intake to 2.4 grams per day	2-8 mmHg
Physical activity	Engage in regular aerobic physical activity such as brisk walking (at least 30 minutes per day, most days of the week)	4-9 mmHg
Moderation of alcohol consumption	Limit consumption to no more than 2 drinks (24 oz beer, 10 oz wine, or 3 oz 80-proof whiskey) per day in most men and no more than 1 drink per day in women	2-4 mmHg

United States Department of Health and Human Services, National Heart, Lung, and Blood Institute. *Seventh Report of the Joint National Committee on Prevention, Detection, Evaluation, and Treatment of High Blood Pressure (JNC 7 Express)*. 2003.