

ARE YOU AT RISK FOR HIGH BLOOD PRESSURE?

LEFT UNTREATED, IT CAN LEAD TO HEART ATTACK, STROKE, BLINDNESS, OR KIDNEY FAILURE!

WHAT IS HIGH BLOOD PRESSURE?

When you have high blood pressure it means your heart is working harder than it should!

It's like forcing water through a narrow hose. Your heart works extra hard to pump blood through your arteries. **IT DAMAGES YOUR ARTERIES!**

AM I AT RISK?

You are at higher risk if you:

- Smoke
- Eat too many Unhealthy Foods
- Are Overweight
- Have too much Stress
- Drink too much Alcohol
- Have a family member with High Blood Pressure!

HEALTHBACK®
HOME HEALTH



HOW DO I REDUCE MY RISK?

Halt the Salt! (Sodium)

Eating too much salt may raise your blood pressure. Compare food labels & choose the one with less salt

Nutrition Facts	
Serving Size 1 cup (200g)	
Amount Per Serving	
Calories 100	Calories from Fat 100
% Daily Value*	
Total Fat 10g	20%
Saturated Fat 5g	10%
Trans Fat 0g	0%
Cholesterol 50mg	10%
Sodium 800mg	20%
Total Carbohydrate 11g	10%
Dietary Fiber 5g	0%
Sugars 5g	
Protein 5g	

Eat Lean and Green!

Eat more vegetables, fruits, fish, chicken, whole grains and low fat dairy products.



Eat less red meat!

Get Moving! Lose Weight!

Even moderate activity makes your heart stronger so it can pump blood more easily and fight stress!



Quit Smoking!

Limit Alcohol!

Once you quit smoking your risk of heart attack drops quickly – in as little as two weeks!



WHAT DO MY BLOOD PRESSURE NUMBERS MEAN?



Two numbers are used to measure blood pressure.

The top number is the pressure when your heart beats.

→ **120**

The bottom number is the pressure when your heart is between beats.

↖ **80**

Having high blood pressure means that one or both numbers are above normal range.

NORMAL

Less than 120
Less than 80

Continue to check your blood pressure regularly!

PRE-HIGH

120 TO 139
80 TO 89

You are at risk of getting high blood pressure. See your doctor to create a plan to reduce your risk!

HIGH

140 or more
90 or more

You can control high blood pressure with lifestyle changes and medicine. See your doctor.

FUN HEART FACT #1

Every day, your heart creates enough energy to drive a truck for 20 miles!!!

FUN HEART FACT #2

Your heart will pump nearly 1.5 Million barrels of blood during your lifetime, enough to fill 200 train tank cars!

FUN HEART FACT #3

Your heart beats over 100,000 times per day!

FUN HEART FACT #4

Your heartbeat changes and mimics the music you listen to!

FUN FACT #5

Owning a cat or dog can reduce the risk of heart attacks and strokes by more than 1/3 researchers have found!

FUN HEART FACTS

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