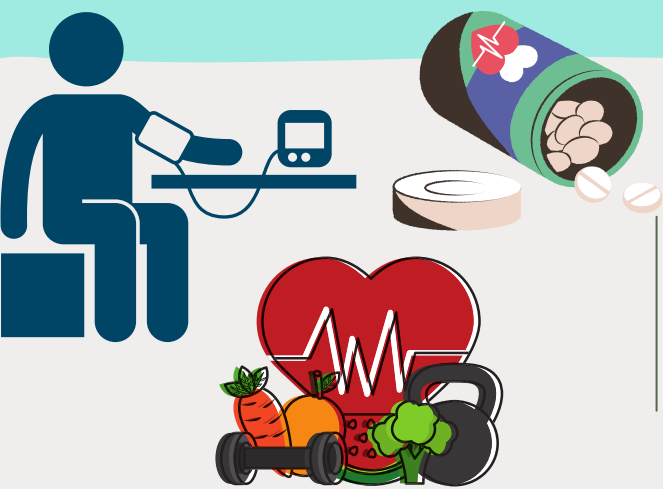




CONGRATULATIONS! Keep up the great work. Here is what to do next and why:



Continue

- Continue monitoring regularly, taking medications and maintain healthy behaviors.
- If your BP goal is above 120/80 you can discuss with your care team about ways to lower it.

Benefits of controlled BP



Keeping BP low helps prevent strokes, heart failure and coronary heart disease.

Uncontrolled High BP can lead to kidney problems, dementia, vision problems and damage to other organs.

Healthy Behaviors

Limit alcohol, take your medications properly, quit smoking, eat a low salt diet, regular physical activity and maintain a healthy weight.



Know your numbers.

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