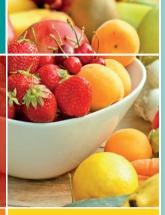
What can be done to prevent, manage and control hypertension?

Choose low-sodium options and do not add salt to your food 7

Eat a heart-healthy diet, rich in foods like fruits. vegetables and wholegrains 8



Eat unprocessed or minimally processed foods most often 7

Limit intake of meats), trans fats and sweetened beverages 8

saturated fats (e.g. cheese & processed (e.g. butter), sweets

Ве physically active 7

Maintain a healthy body weight 7



Quit

smoking 9

Take your medication as prescribed by your doctor 9



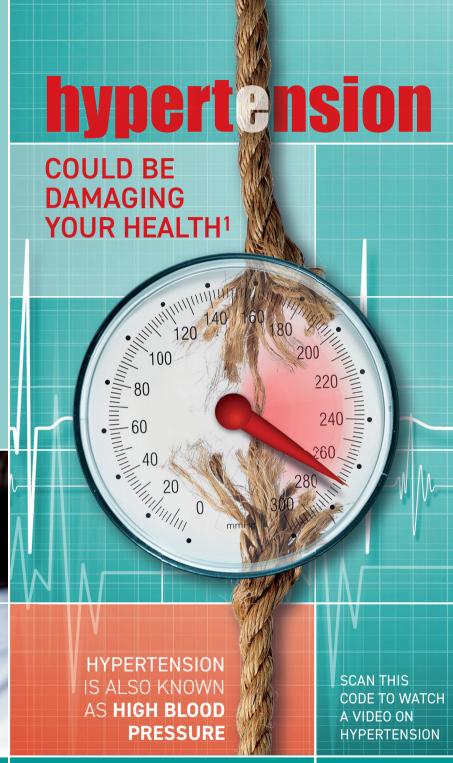
Get BP checked regularly and understand what it should be ⁷

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BROUGHT TO YOU BY





What is hypertension?

HYPERTENSION IS ALSO KNOWN AS **HIGH BLOOD PRESSURE** (BP)

High blood pressure is a common disease in which blood flows through blood vessels, or arteries, at higher than normal pressures. BP is the force of blood pushing against the walls of your arteries as the heart pumps blood. Hypertension, is when this force against the artery walls is too high. Your doctor may diagnose you with high blood pressure if vou have consistently high blood pressure readings.2

WHO IS AT RISK?

AGE

Blood pressure tends to increase with age. Our blood vessels naturally thicken and stiffen over time. These changes increase the risk for high blood pressure 2



High blood pressure is more common in African adults than other racial or ethnic groups 3



3 UNHEALTHY LIFESTYLE **HABITS THAT CAN INCREASE** THE RISK OF HIGH BP²

UNHEALTHY

MUCH SALT

PATTERNS, SUCH

DRINKING

TOO MUCH

ALCOHOL

AS EATING TOO

EATING

3

BEING

PHYSICALLY

Before age 55, men are more likely than women to develop

high blood pressure. After age 55, women

are more likely than

men to develop high

blood pressure 2

High blood pressure

often runs in

families 2

INACTIVE

How is hypertension diagnosed?

WHAT THE BLOOD PRESSURE NUMBERS MEAN 4

Blood pressure is measured using two numbers:

The second number is called...

DIASTOLIC BP

It measures the pressure in your blood vessels when your heart rests between beats



It measures the pressure in your blood vessels when your heart beats

number is called...

SYSTOLIC BP

The first

To diagnose high blood pressure, your doctor will take

BLOOD PRESSURE CATEGORIES 5

two or more readings at separate medical appointments.²

BLOOD PRESSURE CATEGORY	SYSTOLIC mmHG		DIASTOLIC mmHG
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

BP = Blood Pressure; HCP = Healthcare Professional

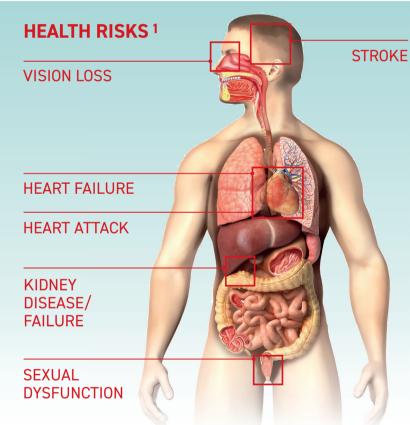
What are the signs and dangers?

AMERICAN HEART ASSOCIATION RECOMMENDS: 6

DO NOT attempt to diagnose yourself. Clinical diagnosis should only be made by a HCP

Know your BP numbers and make changes that matter to protect your health





HIGH BLOOD PRESSURE IS A "SILENT KILLER"1

You may not feel that anything is wrong, but high blood pressure could be quietly causing damage that can threaten your health. The best prevention is knowing your numbers and making changes that matter in order to prevent and manage high blood pressure.