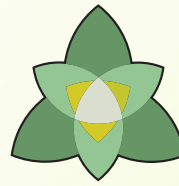


What is Hypertension?

Blood pressure is the force of your blood moving against the walls of your arteries.



Trillium
HEALTH RESOURCES



Conozca sus números*

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	80–90
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

If blood pressure gets too high, it is called "hypertension." It's expressed in two numbers.

Top Number

Systolic

The pressure or force in the arteries when the heart beats.

Bottom Number

Diastolic

The pressure measured between heartbeats.

Lifestyle Changes that Lower Blood Pressure

- Get regular physical activity
- Focus on nutrition and choose more vegetables
- Don't add salt to foods and eat less canned or prepacked foods
- Limit alcoholic beverages
- Lose weight if you are overweight
- Don't smoke cigarettes or other harmful substances
- Meditation and rest can help lower blood pressure

Caution

Over time elevated or high blood pressure weakens your heart, blood vessels, and kidneys, making stroke or heart attack much more likely.

Sources:

[CDC.gov](https://www.cdc.gov)

Centers for Disease Control and Prevention. (2021, May 18). High blood pressure. Retrieved March 16, 2022, from QR



*American Heart Association heart.org/bplevels