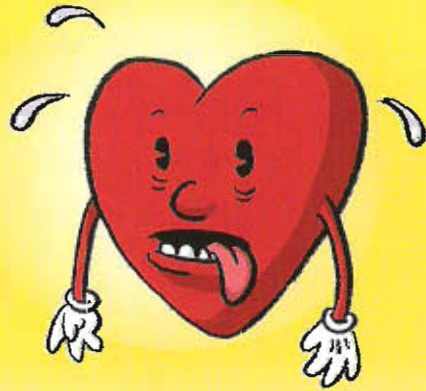


WHAT IS HIGH BLOOD PRESSURE?



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. This can build up pressure.

Left untreated, high blood pressure damages your arteries and puts you at risk for:

- Heart attack
- Stroke
- Blindness
- Kidney failure
- Other life-threatening conditions

HOW DO I REDUCE MY RISK?



Halt the salt.

Eating too much salt — also called sodium — may raise your blood pressure. Compare food labels and choose the one with less sodium.



Eat lean and green.

Eat more vegetables, whole grains, salads, fruits, fish, chicken, turkey, and low-fat dairy products. Eat less red meat.



Get moving.

Even moderate activity makes your heart stronger so it can pump blood more easily. It also helps you handle stress, another cause of high blood pressure.



Quit smoking.

Once you quit smoking, your risk of heart attack drops quickly — in as little as two weeks to three months. Call 1-800-QUIT-NOW (1-800-784-8669) or visit www.makesmokinghistory.org.



Limit alcohol.

Too much alcohol can raise blood pressure. Ask your doctor what's healthy for you.

Maintain a healthy weight to lower your blood pressure.

For affordable, easy ways to eat better and move more, visit www.mass.gov/massinmotion.

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ARE YOU AT RISK FOR HIGH BLOOD PRESSURE?



LEFT UNTREATED, IT CAN LEAD TO HEART ATTACK OR STROKE.

One in three adults has high blood pressure and many don't know it.



MASSACHUSETTS
DEPARTMENT
OF PUBLIC HEALTH

AM I AT RISK?

High blood pressure is often called “the silent killer” because most people do not have any symptoms or pain and do not know they are in danger. There are many things that increase your chances for high blood pressure.

You are at higher risk if you:

- Have a family member with high blood pressure
- Smoke
- Eat too many unhealthy foods
- Are overweight
- Drink too much alcohol
- Have a lot of stress



Did you know?

High blood pressure can affect anyone, but it's most common in African-American adults.

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
80

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

Having high blood pressure means that one or both numbers are above the 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

The good news is that you can control high blood pressure with lifestyle changes and medicine. See your doctor.

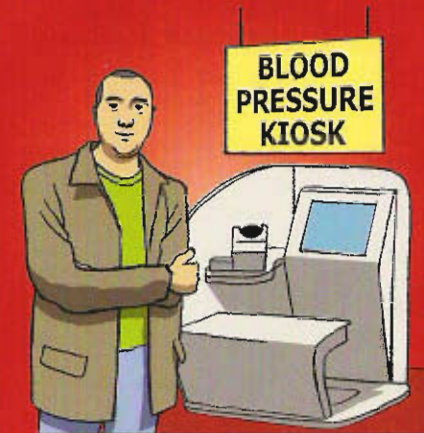
GET IT CHECKED!

It only takes a few minutes to get your blood pressure checked. It's easy, quick and painless.

Visit your doctor or local clinic...



Or go to a pharmacy, gym, or supermarket that provides free, onsite blood pressure checks.



IT JUST MIGHT SAVE YOUR LIFE.

For more information, please visit www.mass.gov/dph/bloodpressure or call 1-800-487-1119 (TTY 1-800-899-2223).