

The numbers are a changin' New Blood Pressure Rules



What's healthy - and what's not?

NORMAL: Below 120/80

Action: None Needed. It is recommended that you have your Blood Pressure Checked yearly.

PRE-HYPERTENSION: 120/80 to 139/89

You are likely to develop high blood pressure.

Action:

- It is recommended that you have your Blood Pressure checked every 3 months.
- Lifestyle behaviors.

HYPERTENSION STAGE 1: 140/90 to 159/99

Action:

- Follow up with health care provider if you are on medication for blood pressure.
- It is recommended that you have your Blood Pressure checked in 2-4 weeks. BP checks may be available with your Parish Nurse.
- Lifestyle behaviors.

ELEVATED, STAGE 2: 160 or greater (systolic); 100 or greater (diastolic)

This is considered to be extremely high and you may be at serious health risk.

Action:

- Follow up with your Doctor immediately.
- Continue to have your Blood Pressure checked regularly. BP checks may be available with your Parish Nurse but you must also see your Physician or Health Care Provider.
- It is important that you follow up with this blood pressure elevation.
- Lifestyle behaviors.

If you have diabetes, your Blood Pressure goal is less than 130/80.

See other side for LIFESTYLE BEHAVIORS

LIFESTYLE BEHAVIORS

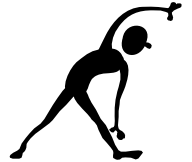
* General guidelines for maintaining a healthy lifestyle & blood pressure:

- EXERCISE: Standard recommendation = 30 - 60 minutes of moderate to brisk exercise most days of the week. CHECK WITH YOUR HEALTH CARE PROVIDER BEFORE STARTING ANY EXERCISE ROUTINE.
- Eat more fruits, vegetables, low fat dairy.
- Eat less fat, cholesterol & salt.
- Lose weight/maintain optimal weight.
- Limit alcohol & caffeine.
- Don't smoke - if you do smoke QUIT.
- Minimize stress.



Exercise can:

- Help control blood sugar. High levels can damage blood vessels and nerves.
- Help control blood pressure by keeping the blood vessels soft and pliable.
- Improve heart function.
- Reduce levels of inflammation throughout the body. Inflammation damages blood vessels.



Resources:

- <http://www.webmd.com/hypertension-high-blood-pressure/tc/High-Blood-Pressure-Hypertension-Frequently-Asked-Questions>
- <http://www.americanheart.org/presenter.jhtml?identifier=3011728>
- <http://www.nhlbi.nih.gov/guidelines/hypertension/>

Guidelines revised in 2003: The Seventh Report of the Joint National Committee on Prevention, Detection, Evaluation, and Treatment of High Blood Pressure (JNC 7).