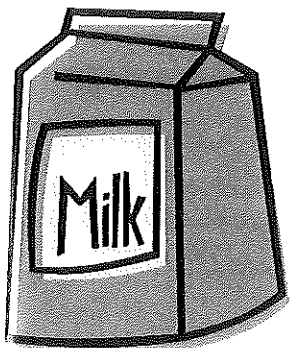




## HIGH BLOOD PRESSURE FACTS

### WHAT ARE MY RISK FACTORS?

CANNOT CONTROL	CAN CONTROL
Age ~ about 6/10 people >65 have high blood pressure.	Overweight
Race ~ it occurs at a higher rate in African Americans.	Sodium
Family History ~ thought to be partially responsible for at least 40% of high blood pressure problems.	Excessive alcohol use
	Lack of exercise
	Food choices
	Smoking



- \* Eat enough calcium, magnesium, and potassium.
- \* You only need about 1 tsp. of salt each day (includes salty foods, salt used in cooking, and at the table).
- \* Keep a healthy weight for your height.
- \* Exercise regularly, 3-4 times/per week.
- \* If you drink, limit alcohol to no more than 2 ounces each day.
- \* Have your blood pressure checked regularly.

### WHAT IS HIGH BLOOD PRESSURE?

- \* Blood pressure is the force created by the blood stream on the walls of your blood vessels.
- \* Your blood pressure reading is a measure of the pressure on your blood vessel walls.
- \* Blood pressure readings are given in 2 numbers and the average for adults is 120/80.
- \* 140/90 and above is considered high.
- \* The cause of high blood pressure is still a mystery.
- \* A primary cause of heart attacks and strokes.
- \* High blood pressure may damage your heart and kidneys.

