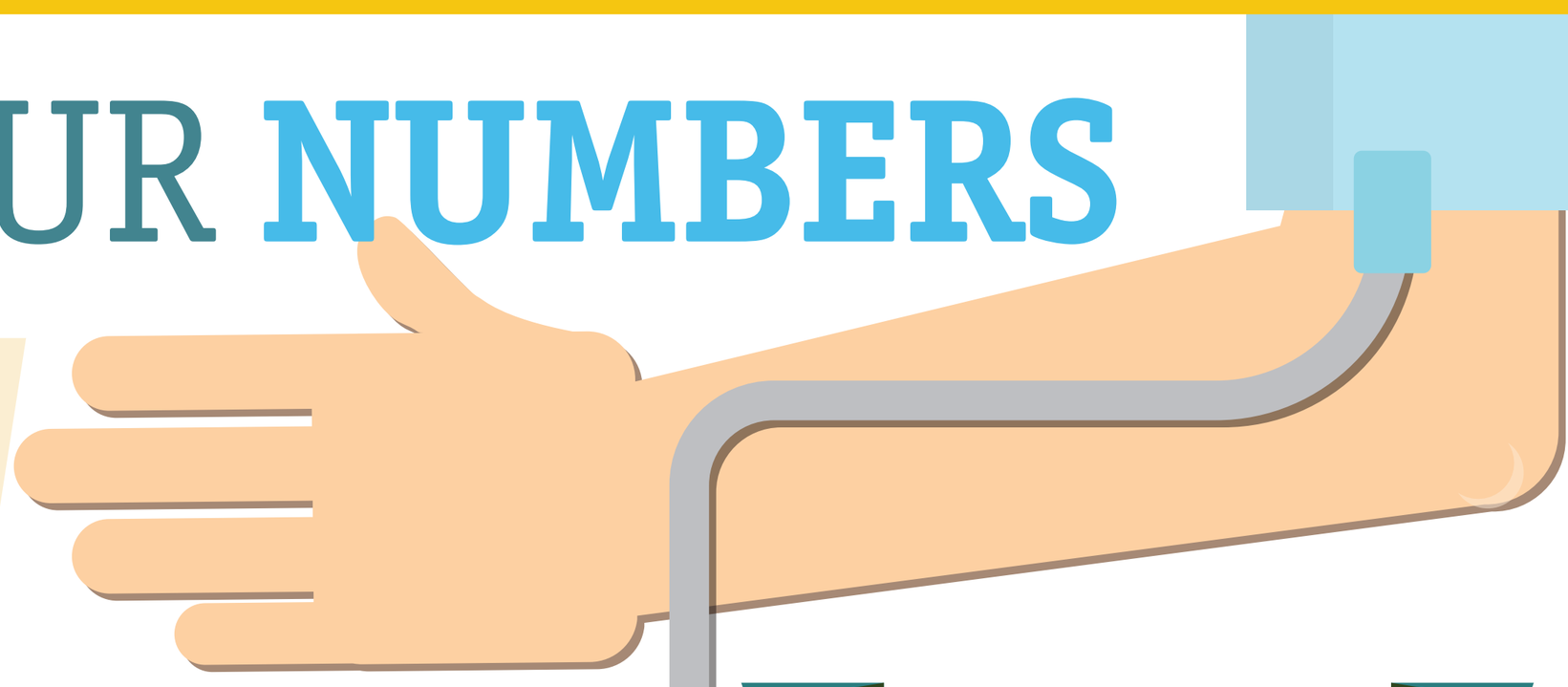
BLOOD PRESSURE

CardioSmart®
AMERICAN COLLEGE of CARDIOLOGY®

KNOW YOUR NUMBERS



BLOOD PRESSURE is the force of your blood moving against the walls of your arteries. It's expressed as **TWO NUMBERS:**

Top Number:
SYSTOLIC (mm Hg)
The pressure or force in the arteries when the heart beats

Bottom Number:
DIASTOLIC (mm Hg)
The pressure measured between heartbeats

Over time elevated or high blood pressure weakens your heart, blood vessels and kidneys. This makes having a stroke, heart attack, or heart failure more likely

NORMAL	ELEVATED	HIGH	
		STAGE 1	STAGE 2
below 120	120 to 129	130 to 139	140 *and above*
below 80	*below* 80	80 to 89	90 *and above*
		Also called ***Hypertension***	

Lifestyle Changes That Lower Blood Pressure

Move More
Get regular physical activity

Focus on Nutrition
Follow the DASH diet and eat potassium-rich vegetables

Cut Salt
Aim for 1,500 mg of sodium or less per day

Limit or Avoid Alcohol
For men, not more than 2 drinks per day; for women, 1

Lose Weight
Losing just a few pounds can make a big difference

Don't Smoke or Vape
If you smoke, stop

De-Stress
Meditation and rest help

Get Quality Sleep
Treat sleep apnea, if present

For more information, visit *CardioSmart.org/BloodPressure*

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