



High Blood Pressure

IMPORTANT FACTS ABOUT HIGH BLOOD PRESSURE

- ▶ 90 to 95% of its causes are unknown.
- ▶ You can have high blood pressure for years without knowing it.
- ▶ It's a "silent killer" – it creeps up on you.
- ▶ When the cause of high blood pressure is unknown, it is often referred to as essential or primary hypertension.

WHAT DOES HIGH BLOOD PRESSURE CAUSE?

- ▶ High blood pressure directly increases the risk of coronary heart disease (which leads to heart attack) and stroke.

WHAT CAN I DO?

- ▶ Have your blood pressure checked often.
- ▶ Work with your doctor to determine the best treatment for you.
- ▶ Reduce fat (particularly saturated fat) in your diet, eat less salt, lose weight and exercise regularly.

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cont.

WHAT DO BLOOD PRESSURE NUMBERS INDICATE?

- ▶ The higher (systolic) number represents the pressure when the heart is beating.
- ▶ The lower (diastolic) number represents the pressure when the heart is resting between beats.
- ▶ High blood pressure adds to the workload of your heart and arteries.

AMERICAN HEART ASSOCIATION RECOMMENDED BLOOD PRESSURE LEVELS

BLOOD PRESSURE CATEGORY	SYSTOLIC (mm Hg)	DIASTOLIC (mm Hg)
Normal	less than 120	& less than 80
Prehypertension	120-139	or 80-89
HIGH	140-159	or 90-99

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Hospital**



**ST. JOSEPH
MERCY HOSPITAL**

1.800.326.1811