

ARE YOU LIVING WITH A SILENT KILLER?

High Blood Pressure (Hypertension)

In most instances, high blood pressure doesn't cause symptoms. In fact, many people are **unaware** that they have it until it results in other health issues.



1 IN 3 ADULTS HAS HIGH BLOOD PRESSURE

Proper management of the disorder is essential in cutting your risk of:



What is blood pressure?

Blood pressure is a measurement of how hard the moving blood of your circulatory system pushes against the walls of your arteries as your heart beats. If you have high blood pressure, your heart is working much harder than it should to pump blood, and can damage the arterial walls.



What do the numbers mean?

120

— **SYSTOLIC**

The top number is the pressure of blood against the artery walls during a heartbeat.

80

— **DIASTOLIC**

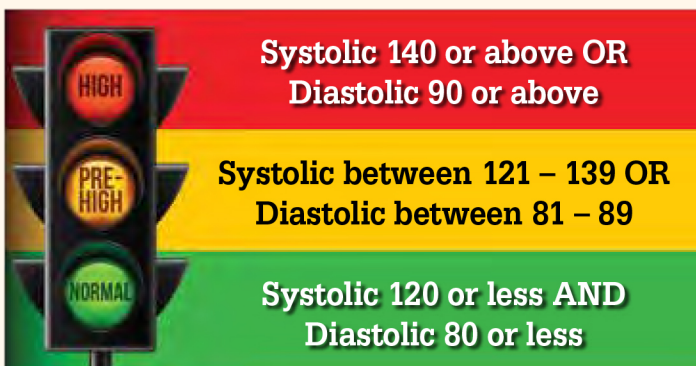
The bottom number is the pressure of blood against artery walls between heartbeats.

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Stay in the **GREEN** zone!



How do I control my blood pressure?



Get Active & Lose Weight



Stop Smoking



Reduce Blood Sugar



Control Cholesterol



Eat Better



Shake the Salt Habit

Your doctor might also prescribe medications to supplement these lifestyle changes.

The primary care physicians in Watson Clinic's Family Medicine and Internal Medicine departments are available to help you maintain a healthy and active lifestyle.

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