



# Is High Blood Pressure a Big Deal?

Know your numbers. It's a really big deal.

Your blood pressure numbers are a very big deal. When your blood pressure is high, your heart works too hard. High blood pressure is called the "silent killer" because most people don't even know when they have it.

## What happens if I ignore high blood pressure?

- You could die and your family will have to live without you.
- You could have a stroke or heart attack. This could make it hard to do simple things like get dressed. You might not be able to live on your own anymore.
- How would depending on others or not being able to take care of your family make you feel?

## What do your blood pressure numbers mean?

FIRST NUMBER		SECOND NUMBER	AND THAT MEANS....
less than 120	<b>AND</b>	less than 80	good for you!
120-129	<b>AND</b>	less than 80	elevated blood pressure
130-139	<b>OR</b>	80-89	you may have stage 1 high blood pressure
140-179	<b>OR</b>	90-119	see your doctor. you may have stage 2 high blood pressure
180 or higher	<b>OR</b>	120 or higher	tell your doctor immediately!

## What are some ways to lower my blood pressure and keep it low?

- Eat a diet rich in fruits and vegetables and low in salt. Food labels tell you how much salt (sodium) is in one serving. Try to eat no more than 2000 mg of sodium each day.
- One diet, called the DASH diet, helps lower blood pressure. To learn more about this diet, you can go to the website listed below. Everyone is more likely to eat healthy if the whole family does it, not just one person.
- Exercise just a little — try to move 30 minutes a day. You can dance, play with your kids or even go for a walk. Find an activity that is fun for you. Ask a friend or family member to do it with you.
- If you smoke, try to smoke less. If you need help quitting, call the Quitline at 800-QUIT-NOW (800-784-8669).
- Take your medicine the way your doctor tells you.



Talk to your doctor, nurse, promotora or community health worker.