

Every adult should know their blood pressure. **DO YOU KNOW YOURS?**

BLOOD PRESSURE CATEGORY	SYSTOLIC mm Hg (upper number)		DIASTOLIC mm Hg (lower number)
NORMAL	LESS THAN 120	and	LESS THAN 80
ELEVATED	120 - 129	and	LESS THAN 80
HIGH BLOOD PRESSURE (HYPERTENSION) STAGE 1	130 - 139	or	80 - 89
HIGH BLOOD PRESSURE (HYPERTENSION) STAGE 2	140 OR HIGHER	or	90 OR HIGHER
HYPERTENSIVE CRISIS (consult your doctor immediately)	HIGHER THAN 180	and/or	HIGHER THAN 120

High blood pressure can lead to stroke, vision loss, dementia, heart attack, heart failure, kidney disease/failure, and sexual dysfunction.



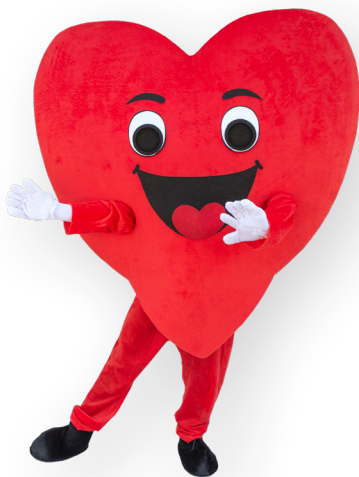
There is nothing more personal than your blood pressure. **Get to know it.**

Learn more at:
KnowMYBP.org
 Central Oregon Health Council

DID YOU KNOW?

These Things RAISE Blood Pressure:

- ♥ **High salt diet.**
- ♥ **Processed food / Fast foods**
- ♥ **Pain relievers such as Advil[®], Aleve[®], ibuprofen, or naproxen (Tylenol[®]/acetaminophen is alright)**
- ♥ **Smoking, vaping, chewing, or otherwise using tobacco or nicotine**
- ♥ **More than one alcoholic drink a day**
- ♥ **Poor sleep, snoring or untreated sleep apnea (most often related to excess weight)**
- ♥ **Some depression medicines, cold medication, and ADHD medication**
- ♥ **Illegal drugs such as meth and cocaine**
- ♥ **Pain, anxiety or worry**



High blood pressure is known as a “Silent Killer”.
Getting your blood pressure checked can be fast, easy, and free.

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