



Know Your Numbers!



High Blood Pressure can damage your health, causing heart disease, strokes and more.

<i>Blood Pressure Category</i>	<i>Upper # (systolic)</i>	<i>OR</i>	<i>Lower # (diastolic)</i>	<i>Risk of Death due to Stroke & Heart Disease</i>
Normal	Less than 120	OR	Less than 80	normal risk
Pre-Hypertension	120-139	OR	80-89	about <u>2 times</u> the normal risk
High Blood Pressure (Hypertension Stage 1)	140-159	OR	90-99	about <u>4 times</u> the normal risk
High Blood Pressure (Hypertension Stage 2)	160 or higher	OR	100 or higher	about <u>8 times</u> the normal risk
Hypertensive Crisis (Emergency Care Needed)	Higher than 180	OR	Higher than 110	

High blood pressure is called the “**silent killer**” because there are often no symptoms. Your numbers are your only warning.

The only way to know if you have high blood pressure is to have it tested. Understanding your numbers is key to controlling high blood pressure.

Note: A diagnosis of high blood pressure must be confirmed by a medical professional.

