



NEED TO KNOW

HIGH BLOOD PRESSURE (Hypertension)

WHAT IS IT?

If you have high blood pressure, or hypertension, the force of blood against your artery walls is too strong. High blood pressure can damage your arteries, heart, and kidneys and lead to atherosclerosis (hardening of the arteries) and stroke.

TREATMENT

Keep your blood pressure under control (around 130/80) by:

- Losing weight
- Take your medication as directed
- Cutting back on salt and limit how much alcohol you drink
- Eating healthy meals and snacks (low-fat, whole grains, fruits/vegetables)
- Exercising on most days of the week
- Stop smoking
- Seeing your doctor for regular check-ups and tests

CALL YOUR DOCTOR IF:

- Your blood pressure reading increases over 20 mmHg for systolic (top number) or 10 mmHg for diastolic (bottom number)
- You have a bad headache and/or flushed face

GO TO THE ER IF:

- You have a severe headache that does not get better with over-the-counter medication such as Tylenol or Aspirin
- You have a flushed face and/or blurred vision
- Your blood pressure reading is in crisis range: Diastolic (bottom number) is greater than 120 mmHg

Please take this form with you and discuss this during your next doctor's appointment	Tests and Exams		
	Blood Pressure Reading	Date	Value
	Total Cholesterol	Date	Value
	HDL (Good Cholesterol)	Date	Value
	LDL (Bad Cholesterol)	Date	Value
	Triglycerides	Date	Value