

*Clinical Management Division
Preventive Management Department*



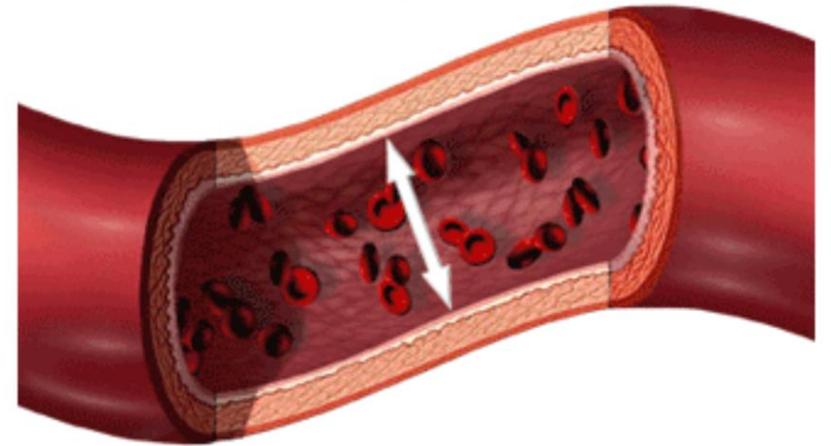
Take Care of your Blood Pressure



Did you Know...

- Blood pressure is defined as the force of blood as it pushes against the walls of the arteries when the heart pumps the blood.
- High blood pressure could cause serious health problems such as: coronary heart disease, heart failure, stroke, kidney failure, among others.

Blood pressure is the measurement of force applied to artery walls



Did you know that...

Blood pressure is measured by two numbers:

- The top number, or **Systolic Blood Pressure**, is the pressure in your blood vessels when your heart beats.
- The bottom number, or **Diastolic Blood Pressure**, is when the heart is at rest between beats.



Did you know that ...

- The desirable value for blood pressure is less than 120/80 mmHg.
- It is considered high blood pressure when the levels are equal or exceed 140/90 mmHg consistently.



Did you know that...

Normal levels	systolic: less than 120 mmHg diastolic: less than 80mmHg
At risk levels (prehypertension)	systolic: 120–139 mmHg diastolic: 80–89 mmHg
High levels	systolic: 140 mmHg or higher diastolic: 90 mmHg or higher



Did you know that ...

Some risk factors that can increase blood pressure are:

- Family history
- Diabetes
- Lack of physical activity
- Obesity
- Tobacco Use
- High sodium diet



Did you know that ...

High blood pressure is called the "silent killer" because it often has no warning signs or symptoms, and many people do not know they have it. Some common signs are:

- Chest pain
- Headache
- Change in vision
- Irregular heartbeat
- Nosebleeds



Did you know that...

You can prevent high blood pressure by making healthier choices to manage health conditions you may have.

Practice healthy lifestyles following these recommendations:

- Start a healthy diet
- Maintain a healthier weight
- Increase physical activity
- Quit smoking
- Decrease alcohol use



Did you know that...

To control your blood pressure levels remember to:

- Measure your blood pressure frequently
- Take your treatment as directed by the physician
- Visit and talk with your physician



Reference

About Heart Blood Pressure. (2018). Recovered from <http://www.cdc.gov/bloodpressure/about.htm>





¡Take care of your health!

