

Only your health Care Provider can diagnose high blood pressure.

If you have a family history of high blood pressure or had a high reading on a screening, see your Health Care Provider for a Physical exam and to have your blood pressure rechecked and followed closely.

What you don't know or feel can hurt you!!

You can not tell by looking at someone if they have high blood pressure

You can not feel high blood pressure

One in four people have high blood pressure ~ **Look around it could be you!!**

**CALL
911
IN AN
EMERGENCY**



**Understanding
High Blood
Pressure**

These tips brought to you by the:

**Ridgefield Park Volunteer
Ambulance Corps**

48 Main Street

Ridgefield Park, NJ 07660

201-641-4770

www.ridgefieldpark.org

High Blood Pressure:

Your Blood Pressure is the force of the blood pumped out of your heart against your blood vessels.

Your blood pressure has two numbers

Top Number (systolic)

The pressure as your heart beats

Bottom Number (Diastolic)

The pressure in the vessels in-between heart beats

Normal blood pressure is:

120/80

When your blood pressure stays elevated (140/90) over a long period of time it is called **High Blood Pressure (Hypertension ~ in medical terms)**

When your blood pressure is between the normal **120/80** and high **140/90** then it is called **Prehypertension** and likely you will soon have hypertension and all of its consequences unless you try to fix it.

Risks for High Blood Pressure:

(the things you want to change if you have Prehypertension)

Smoking

Being overweight

Inactivity

(not exercising)

Stress

Poor diet

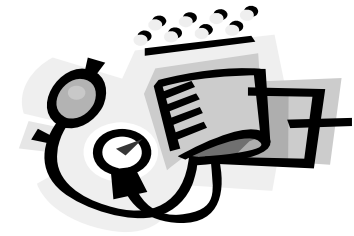
Fast food, salty foods, foods high in fat, not enough fruits and vegetables

High alcohol intake

Drug abuse

High caffeine intake

Family history



Complications of High Blood Pressure:

Heart Disease

Hardening of arteries

Kidney Disease

Blindness

Stroke

Death

Treatment:

First reduce your risk factors

See your health Care Provider for a variety of medications

