

Getting Blood Pressure to Goal:



Let's Talk Three!



3 medications



3 behavior changes



3 partners



3 months

High blood pressure:

A force to be reckoned with

High blood pressure (also called hypertension) increases your chances of having a heart attack, heart failure, stroke, chronic kidney disease (CKD), and other life-threatening illnesses. Anyone can get it, and as you get older, the likelihood of your developing high blood pressure increases. If you are overweight or obese or if you have diabetes, the odds are even higher.

Know your numbers

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

Normal blood pressure

the pressure of blood in the vessels when the heart beats:
systolic pressure

less than
120/80mmHg

millimeters of mercury

the pressure between beats when the heart relaxes:
diastolic pressure



High
blood pressure

140/90 mmHg or higher
130/80 mmHg or higher*
*If diagnosed with diabetes or CKD

Prehypertension

between 120-139
and/or 80-89 mmHg

Normal
blood pressure

less than 120/80 mmHg

Things you can do to prevent and control high blood pressure

Be a partner in your health care. It may take you, your family and your physician working together to get your high blood pressure under control.

 Ask what your blood pressure numbers are and ask what they mean.

It may take up to three different medications over a three month period to get your blood pressure under control. Take medication as prescribed, make sure you understand what it is for and how and when to take it.

Strive to live a healthier lifestyle. It may take three behavior changes to get your blood pressure under control: eating healthy, exercising, and controlling tobacco and alcohol.

 Follow an eating plan that emphasizes fruits, vegetables, and low fat dairy products and is moderate in total fat and low in saturated fat and cholesterol.

Limit sodium intake to no more than 2,400 mg, or about 1 teaspoon of salt each day. This includes salt - in food products, used in cooking, and added at the table. So, be sure to read food labels.

Limit junk food such as candy, cookies, ice cream and potato chips.

Limit portion sizes, especially of high calorie foods.

 Work up to at least 30 minutes of a moderate-level activity, such as brisk walking or bicycling, each day.

If you don't have 30 minutes, try to find two 15-minute periods or even three 10-minute periods for physical activity.

 If you drink alcoholic beverages, do so in moderation.

For men, a maximum of 2 drinks a day. For women, a maximum of 1 drink a day.

 Quit smoking. To order your free quit kit, call the State of Michigan Tobacco Quit Line, 800-537-5666.



Resources to help you stay healthy



Michigan Steps UP A campaign designed to help reduce risk factors that threaten your health. The website includes recipes, assessment tools and wellness tips to help you move more, eat better and stop smoking.

<http://www.michiganstepsup.org>

Novartis' BP Success Zone An online resource to help you reach your blood pressure goal. Tel 888- 669-6682

<http://www.bpsuccesszone.com>

National Heart, Lung and Blood Institute (NHLBI) General blood pressure information and publications. Tel 301-592-8573

TTY 240-629-3255

The website offers Body Mass Index (BMI) calculator, tips for shopping and preparing food, and a menu planner. Includes information on how to detect, prevent and treat high blood pressure.

<http://www.nhlbi.nih.gov>

5 a day Recipes and helpful tips to get a colorful variety of fruits and vegetables into your diet everyday!

<http://www.5aday.org>

American Heart Association Free downloadable high blood pressure resources, medical illustrations and fun, interactive learning tools at your fingertips. The website also allows you to connect with others via message boards. Log on and sign the Lower Your Risk pledge.

Tel 800-242-8721 <http://www.americanheart.org>

United States' Department of Agriculture (USDA) An interactive website can help you choose the foods and amounts that are right for you. Learn how to make smart choices from every food group. Take an animated tour of the food pyramid. Tel 888-779-7264

<http://www.Mypyramid.gov>