



Be One in a Million Hearts[®]

Team Up — Pressure Down

High Blood Pressure (HBP) is the leading cause of heart attacks and strokes
Blood Pressure Control is a team effort!

Defining Blood Pressure

Blood pressure is the force that moves blood through your arteries. Arteries are the blood vessels that carry blood from your heart to the rest of your body.

High Blood Pressure (HBP) is when your blood pressure is usually higher than it should be. It is also called hypertension.

Systolic blood pressure measures the pressure in your blood vessels when your heart beats.

Diastolic blood pressure measures the pressure in your blood vessels when your heart rests between beats.

Automated Blood Pressure Monitor Locations

Name	Address	Phone
CVS	940 Lapeer	810-982-4721
Kroger South	1215 24 th Street	810-987-9420
Kroger North	2907 Kraft Street	810-987-9820
Meijer Fort Gratiot	4775 Pine Grove	810-385-2110
Meijer Marysville	205 S Range	810-388-9610
RiteAid	1750 Gratiot	810-364-6200
RiteAid	1609 24 th Street	810-984-5108
RiteAid	2910 Pine Grove	810-987-3663
RiteAid Marysville	1750 Gratiot Blvd	810-364-6200
Walmart	4845 Pine Grove	810-385-7600
Walgreens	1617 10 th Street	810-987-5083

Ask to speak to your pharmacist.
 They may have time to take your BP.

Tips for Monitoring Blood Pressure

- ✓ Avoid caffeine or nicotine 30 minutes before
- ✓ Empty bladder
- ✓ Relax for 5 minutes before
- ✓ Take your blood pressure 2 times a day
 - Once in the morning before medication
 - Once in the evening
- ✓ Take pressures for one week
- ✓ Write it down! (BP, Date and Time)

Blood Pressure Values

BP Category	Systolic (Top Number)	Diastolic (Bottom Number)
Normal	Less than 120	Less than 80
Pre-Hypertensive	120-139	80-89
High Blood Pressure (Stage 1)	140-159	90-99
High Blood Pressure (Stage 2)	160 or higher	100 or higher
Hypertensive Crisis (Emergency Care needed)	Higher than 180	Higher than 110

Top 10 Heart Healthy Tips

*Heart attacks and strokes can be prevented.
You CAN change and control your blood pressure.
Make control your goal!*

- 1. Know your blood pressure numbers.** Check your blood pressure readings on a regular basis, even if you feel fine. Most people with high blood pressure have no symptoms.
- 2. Take control.** You can check your blood pressure readings at home, at a pharmacy, or doctor's office. Make sure to track your numbers. Write them down and share them with your health care team.
- 3. Eat a heart healthy diet.** Eat more fruits and vegetables and choose foods low in salt and fat. Choose whole grains and lean meats like chicken, turkey, or fish.
- 4. Eat less salt.** Most of Americans (90%) eat too much salt. You should limit salt to **2,300mg** (1tsp) per day. If you have high blood pressure, are over the age of 51, African American, have diabetes or chronic kidney disease, limit salt to **1,500mg** (3/4tsp).
- 5. Prepare and cook your own meals.** Fast foods, canned, pre-packaged, processed, and instant or "ready-to-eat" foods contain more salt. You can control the amount of salt in your food when you cook it yourself.
- 6. Get up and get moving.** Add movement to your day. Staying active will help relieve stress, keep you strong, and help you control your weight. Challenge yourself to see if you can walk a few more steps everyday.
- 7. Team up — pressure down.** Remember that you have a health care team rooting you on. Involve your doctor, nurse, pharmacist, counselor, and peer support in your blood pressure goals.
- 8. Take your medications faithfully.** Medications are an important part of your blood pressure plan. Talk to your doctor about any side effects or problems with your medicine. Never stop taking your medicine on your own. Set a schedule to remind yourself to take your medications every day, every time—use a pillbox and set reminders on your phone.
- 9. Involve your friends and family in your heart health goals.** Remember that you are not alone. We all can do better, so share what you have learned and invite friends and family to join you on your journey to heart health.
- 10. Stay informed, stay connected.** Please visit the Million Hearts® website and social media pages to learn more and receive heart healthy tips, personal stories, and messages!

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This handout was adapted from the Million Hearts® website for the St. Clair County Health Department.



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