

# BLOOD PRESSURE SCREENING

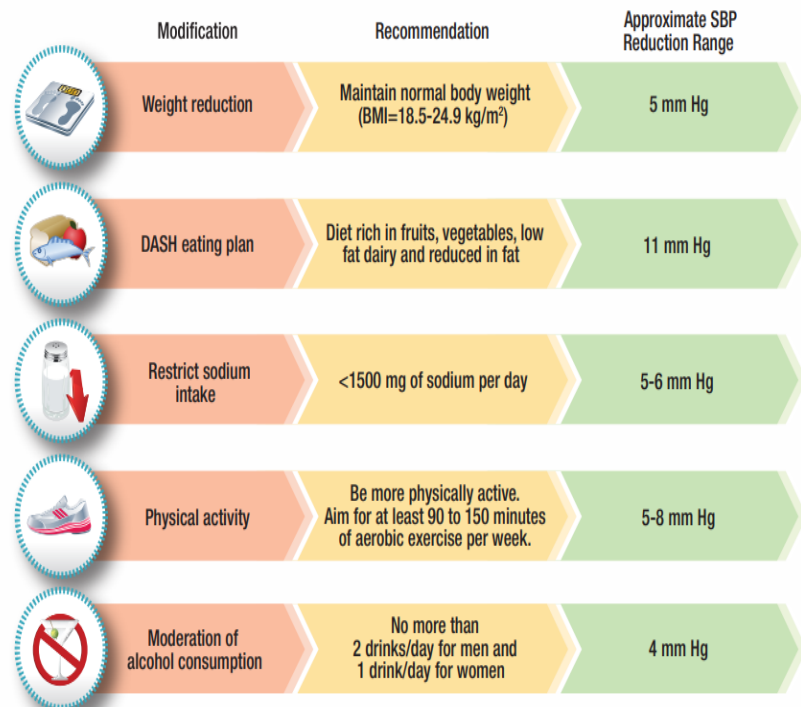
## What is High Blood Pressure?

-Blood pressure is the force of blood pushing against blood vessel walls. It's measured in millimeters of mercury (mm Hg).

-High blood pressure (HBP) means the pressure in your arteries is higher than it should be. Another name for high blood pressure is hypertension.

-High blood pressure usually has no signs or symptoms. That's why it is so dangerous. But it can be managed.

## What Can I Do To Improve My Blood Pressure?

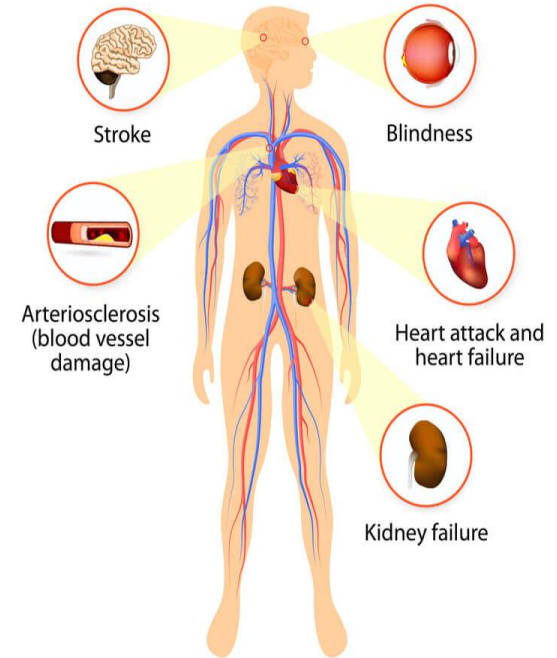


BP = Blood pressure, BMI = Body mass index, SBP = Systolic blood pressure, DASH = Dietary Approaches to Stop Hypertension

BLOOD PRESSURE CATEGORY	SYSTOLIC mm Hg (upper number)		DIASTOLIC mm Hg (lower number)
NORMAL	LESS THAN 120	and	LESS THAN 80
ELEVATED	120 - 129	and	LESS THAN 80
HIGH BLOOD PRESSURE (HYPERTENSION) STAGE 1	130 - 139	or	80 - 89
HIGH BLOOD PRESSURE (HYPERTENSION) STAGE 2	140 OR HIGHER	or	90 OR HIGHER
HYPERTENSIVE CRISIS (consult your doctor immediately)	HIGHER THAN 180	and/or	HIGHER THAN 120

## Complications:

### Hypertension



**-a decrease of 10 points on the top number or a decrease of 5 points in the bottom number can reduce:**

- Major cardiovascular events by 20%
- All-cause mortality by 10-15%
- Stroke by 35%
- Heart failure by 40%



American Association for Men in Nursing

**MY BLOOD PRESSURE:** \_\_\_\_\_ / \_\_\_\_\_