

How to prevent high BP



Exercise
(30-60 mins/day)



Maintain healthy
body weight
(BMI 18.5-24.9)



Reduce stress



Reduce daily salt
to 5g/day (less
than 1 tsp)



Reduce alcohol
(≤ 2 drinks/day)



Quit smoking

BP Tracker

DATE	MORNING	EVENING
<i>example</i>	125/82	130/85
<i>average</i>	_____ / _____ average all top numbers average all bottom numbers	

See "How to take a proper BP" inside the brochure for instructions on how to take and record your BP readings.

Understanding and Improving Your Blood Pressure

42% of people with high blood pressure are unaware they have it.¹

Learn about the risks, diagnosis, and management of high blood pressure.

Recommended BP Cuffs

HYPERTENSION CANADA⁵ has a list of reliable devices. Their website is: <https://hypertension.ca/public> and is accessible by the QR code on the back of this brochure.

Look for these symbols when shopping:

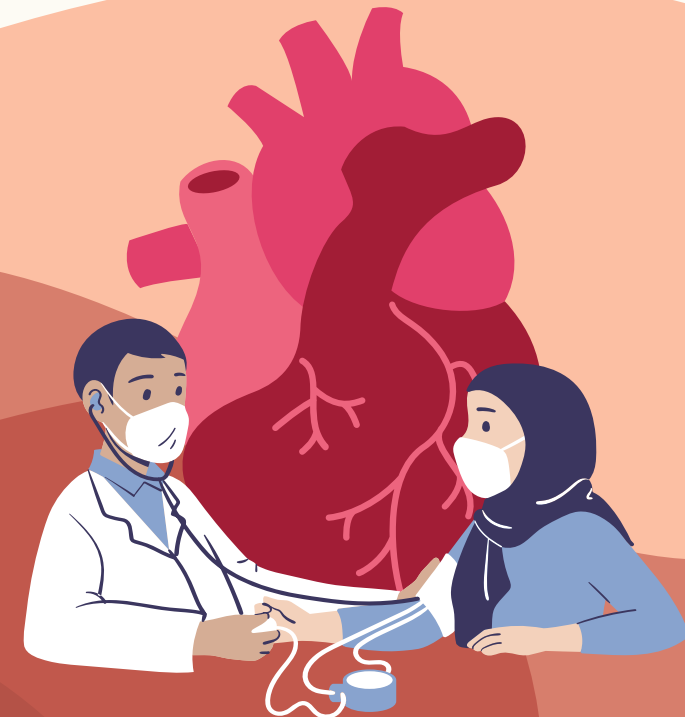


DID YOU KNOW?

Some people experience higher BP readings when BP is taken in a medical setting due to anxiety. This is known as "white coat hypertension".



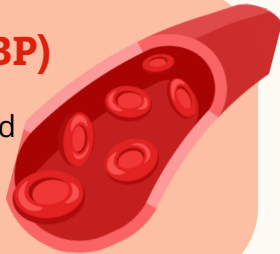
Additional Resources



What is blood pressure?

Blood pressure (BP)

Is the force being applied to the walls of your blood vessels.²



SYS **120**
DIA **80**
mmHg

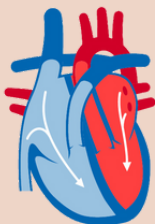


Systolic BP

The **top number** measures the pressure on blood vessel walls while the heart is pumping out blood.

Diastolic BP

The **bottom number** measures the pressure on blood vessel walls while the heart fills with blood.



How to take a proper BP³

(1) Sit in a comfortable position with your back supported and feet flat on the floor. **Rest for 5 minutes.**



(2) Position your BP cuff so that its lower edge is about **3 cm** above the elbow crease.

(3) Remain **still and silent** during the measurement process.



(4) Take two readings, spaced **1-2 minutes apart**, and calculate the average of those two to get your blood pressure reading.

(5a) Repeat the above steps: Take two readings each morning and evening for **7 days** (28 total).



(5b) Discard first day readings and average the last 6 days. Repeat this once every 3 months to monitor your BP.

What is high BP?

Hypertension

High blood pressure (BP), also known as **hypertension**, is when the pressure in your blood vessels is **consistently high** and your heart has to work harder than normal to pump blood throughout your body.⁴

Complications of high BP

- Heart Attack
- Sudden Death
- Stroke
- Heart Failure
- Coronary Artery Disease
- Kidney Failure

Blood Pressure Targets



SYSTOLIC	DIASTOLIC	DESCRIPTION
Less than 140 mmHg	Less than 90 mmHg	This is the target blood pressure for most people (see below for exceptions).
Less than 130 mmHg	Less than 90 mmHg	Special target for those with diabetes.
Less than 120 mmHg	—	In some people who are at high risk for heart disease (those over age 75 years or with heart or kidney disease or multiple risk factors).