

♥ Health Minute

Control yourself...

Hypertension or high blood pressure is one heart disease risk factor that you can control. High blood pressure that goes undetected or isn't properly controlled can lead to heart attack, heart failure, kidney failure, stroke, or premature death. Nationwide, only 25% of people with high blood pressure have it under control. Everyone, especially diabetics should aim for a blood pressure of 120/80. If your blood pressure is high, work with your doctor to bring it down and keep your heart healthier longer.



Blood Pressure Facts

- ♥ *Systolic* pressure (top number) – pressure exerted when the heart contracts.
- ♥ *Diastolic* pressure (bottom number) – pressure remaining when the heart is between beats.
- ♥ It is normal for your systolic pressure to vary throughout the day. Diastolic pressure should always stay about the same.

Monitoring your blood pressure

- ♥ Check your blood pressure regularly.
- ♥ Use a blood pressure cuff that fits properly.
- ♥ Above the elbow cuffs are preferable to wrist cuffs.
- ♥ Take your blood pressure cuff with you to doctor visits to have it checked for accuracy.

