

# HIGH BLOOD PRESSURE AND HER HEART

BECAUSE HER HEART MATTERS TOO • FOR MORE INFORMATION VISIT [YOURHEART.CA](http://YOURHEART.CA)



High blood pressure can lead to, and increases your chance of, heart disease and stroke.



If you have high blood pressure, you will often not have any symptoms.



High blood pressure is often underestimated and undiagnosed among women.

## KNOW YOUR NUMBERS

### TOP NUMBER

The pressure or force measured in the arteries **when the** heart beats

**Systolic**  
(mm Hg)

### BOTTOM NUMBER

The pressure or force measured in the arteries **between** heartbeats

**Diastolic**  
(mm Hg)

### KNOW WHAT YOUR BLOOD PRESSURE NUMBERS MEAN:

#### OPTIMAL

BELOW  
**120**

BELOW  
**80**

#### ELEVATED

**120**  
TO  
**129**

**80 &**  
**ABOVE**

also called  
**Pre-hypertension**

#### HIGH

**130 &**  
**ABOVE**

**80 &**  
**ABOVE**

also called  
**Hypertension**

## WHAT CAN I DO?

### 10 TIPS FOR PREVENTION AND SELF-MANAGEMENT



**Reduce salt intake.** Aim for less than one teaspoon (<2400 mg) of salt a day.



**Move more, sit less.** Choose an activity that you enjoy and that fits with your lifestyle. Aim for 30 minutes a day.



**Achieve and maintain a healthy weight.** Aim for a waist circumference below 88 cm



**Increase fruits and vegetables.** Aim for 7 servings of fruits and/or vegetables a day.



**Reduce alcohol intake.** Aim for fewer than 2 drinks per day and less than 9 drinks per week.



**Manage stress.** Stay connected with those who care.



Diabetes control



**Take your medications** as prescribed.



**Monitor your blood pressure** and keep a log.



If you smoke, find support to quit.



High Blood Pressure

Excess Damage to the Arteries

Fatty Deposits

Narrowed Blood Vessel Walls

Reduced Blood Flow

**HEART DISEASE**



Download the top 5 questions to ask your healthcare provider at [yourheart.ca](http://yourheart.ca)