

KNOW YOUR NUMBERS

High blood pressure (hypertension) can lead to:



STROKE



HEART ATTACK



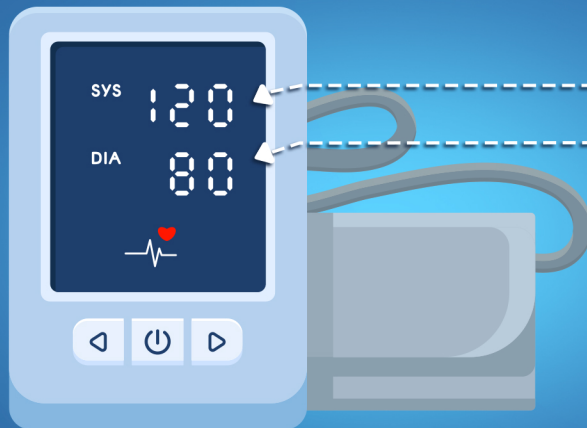
BLINDNESS



KIDNEY DAMAGE

▶▶ and other **serious** problems. ◀◀

Check your blood pressure **regularly**.
Know what your readings mean.



Systolic mmHg (upper number)

Diastolic mmHg (lower number)

SYS	180 ⬆	140 ⬆	130-139	120-129	120 ⬇
	and/or	or	or	and	and
DIA	120 ⬆	90 ⬆	80-89	80 ⬇	80 ⬇

* Call 911 right away if your blood pressure is **HIGHER** **⬆** **THAN** **180/120** **⬆**
AND

YOU HAVE **⬆**
shortness of breath,
back or chest pain,
weakness, vision changes,
or trouble speaking.



***URGENT!**
CALL YOUR
DOCTOR
NOW

STAGE 2
HIGH BLOOD
PRESSURE

STAGE 1
HIGH BLOOD
PRESSURE

ELEVATED
BLOOD
PRESSURE

NORMAL
BLOOD
PRESSURE



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