Blood pressure is a measure of the work your heart has to do to pump blood to your body.

You may control your blood pressure by

- Eating a DASH diet (Dietary Approach to Stop Hypertension)
- Limiting salt and sodium in your diet
- Being tobacco free
- Exercising regularly
- Controlling your weight
- Drinking alcohol in moderation if at all.
- Taking your medications as directed

This information should not be used in place of your doctor’s advice. A publication of SCORE for Health ©2001.

For more information contact: Western Maine Center for Heart Health
Franklin Memorial Hospital
111 Franklin Health Commons
Farmington, Maine 04938
Telephone 1-800-398-6031 Ext. 701 or 207-779-2701 or 645-4911 Ext. 701.
E-Mail: mailto:slishern@fchn.org
10 Blood Pressure Facts for Everyone

“Hypertension” is the medical term for high blood pressure.

Your blood pressure if you do not have heart disease, a stroke, or diabetes should stay less than
(Systolic) 140/90 (Diastolic)

Your blood pressure if you have heart disease, had a stroke, or have diabetes should stay less than
(Systolic) 130/85 (Diastolic)

Uncontrolled high blood pressure can worsen serious health problems such as diabetes, heart disease, stroke, and kidney failure.

Anyone can have high blood pressure, not just those who are nervous, tense, or overweight. High blood pressure often runs in families.

You may feel fine and still have high blood pressure. There are often no physical symptoms of high blood pressure even though damage may have occurred.

There are many changes you could make in your lifestyle that may help control your blood pressure and help prevent serious illness. Regular exercise is one example.

It can almost always be controlled but, not usually cured. The cause of high blood pressure is often unknown. 25% of the population is salt (sodium sensitive). Limiting your sodium may lower your blood pressure.

It is important to keep taking medication or follow other treatments that your doctor has prescribed. Feeling good is not a reason to stop.

It is important for people of all ages to have their blood pressure checked at least every two years. Lifelong health depends on it!

Check your blood pressure regularly.
- every 2 years if it is always normal
- every year if it is sometimes a little high
- every 3 to 6 months if you have controlled high blood pressure
- every month or more often if it is uncontrolled