

What is high blood pressure?



CASA de SALUD

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High blood pressure is a condition in which the force of your blood pushing against the walls of your blood vessels is too high. It is also called hypertension.

High blood pressure is like pumping up a bike tire with too much air. The high force on the inside may make it pop.



Why is it important to treat high blood pressure?

If you don't get treatment for your high blood pressure, it can:



Damage your blood vessels, heart, and other organs — this can lead to serious health problems such as heart attack, heart disease, kidney problems, or stroke



Take time and money to treat other health problems it leads to

Luckily, you can lower your blood pressure by:



Eating healthy foods



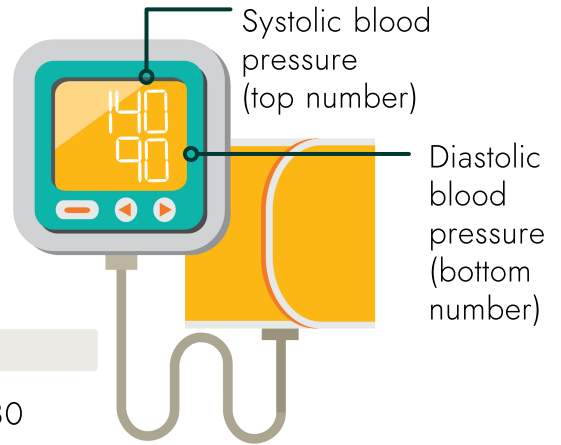
Moving your body for 30 minutes every day



Taking any medicine your health care provider prescribes

What do my blood pressure numbers mean?

High blood pressure does not usually have symptoms, so the only way to tell if you have it is to use a blood pressure cuff to get a blood pressure reading. Learn what the numbers mean:



Blood pressure stage	Systolic	Diastolic
✓ Normal	Less than 120	Less than 80
⊖ Elevated	120 – 129	Less than 80
! High – Stage 1	130 – 139	80 – 89
! High – Stage 2	140 or higher	90 or higher
! High – Crisis (Emergency)	Higher than 180	Higher than 120

If you are taking your blood pressure reading at home, take action if you get these readings:

- ➔ If your reading is High – Crisis (Emergency), you have an emergency and need to call 911 right now
- ➔ If your reading is Elevated or High stage 1 or 2, call Casa to schedule an appointment

How can Casa de Salud help?



Casa offers in-person or telehealth appointments on weekdays, evenings, and weekends.

- ➔ To schedule an appointment, call Casa de Salud at 314-977-1250.



Casa can also give you resources to learn more.

- ➔ To learn about high blood pressure, visit: casadesaludstl.org/resources
- ➔ To learn more about high blood pressure, visit these websites and in the Search box, enter the topic you want, such as "high blood pressure", "healthy eating", or "stress":

- American Heart Association – heart.org
- Mayo Clinic – mayoclinic.org



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