## UNDERSTAND YOUR NUMBERS

### Blood Pressure Categories

<table>
<thead>
<tr>
<th>Category</th>
<th>Pressure Range</th>
</tr>
</thead>
<tbody>
<tr>
<td>Normal</td>
<td>120 &lt; SBP &lt; 130 and 80 &lt; DBP &lt; 89</td>
</tr>
<tr>
<td>Elevated</td>
<td>130 ≤ SBP &lt; 140 and 80 ≤ DBP &lt; 90</td>
</tr>
<tr>
<td>Hypertension Stage 1</td>
<td>140 ≤ SBP &lt; 150 and 90 ≤ DBP &lt; 100</td>
</tr>
<tr>
<td>Hypertension Stage 2</td>
<td>150 ≤ SBP or 90 ≤ DBP</td>
</tr>
<tr>
<td>Hypertension Crisis</td>
<td>Consult Your Doctor Immediately</td>
</tr>
</tbody>
</table>

### Uncontrolled High Blood Pressure Risks

- Heart Attacks
- Heart Failure
- Strokes
- Kidney Failure
- Blindness

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For more information regarding blood pressure or the South Dakota Heart Disease and Stroke Prevention Program, go to [https://doh.sd.gov/diseases/chronic/heartdisease/](https://doh.sd.gov/diseases/chronic/heartdisease/).
Blood pressure changes from time to time. It is usually lower when sleeping and higher when exercising or just after eating. It can also go up or down when you use certain medicines, herbs, street drugs, or alcohol.

One blood pressure reading is not enough to decide if you have high blood pressure.

When having your blood pressure checked, keep the following in mind:

- Do not lean on the arm that is being checked or on the cuff or tubing.
- Your arm should be supported on a table.
- Do not talk.
- Empty bladder first.
- Do not exercise or do tiring activities for at least 30 minutes before taking blood pressure.
- Do not smoke or have any caffeine at least 30 minutes before taking blood pressure.
- Sit up straight, support back, feet flat on floor. (Rest in this position for 5 minutes before taking blood pressure.)

Additional Tips:

- Tell your healthcare provider the names of all prescription drugs and over-the-counter medicines (including vitamins) and herbs you are taking.
- Tell your healthcare provider if you are using any street drugs and/or how much and how often you are drinking liquor, beer, or wine.
- If you are told that your blood pressure is high and only one reading was taken, ask that it be taken again.
- Keep track of your readings by documenting them in a blood pressure log.