

UNDERSTAND YOUR NUMBERS

Blood Pressure Categories

NORMAL

<120
<80

ELEVATED

120 129
<80 <80

HYPERTENSION STAGE 1

130 139
80 89

HYPERTENSION STAGE 2

≥ 140
≥ 90

HYPERTENSION CRISIS

Consult Your Doctor Immediately

>180
>120

BLOOD PRESSURE CHECKS

What can YOU do?

Uncontrolled High Blood Pressure Risks

Heart Attacks
Heart Failure
Strokes
Kidney Failure
Blindness

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/>.

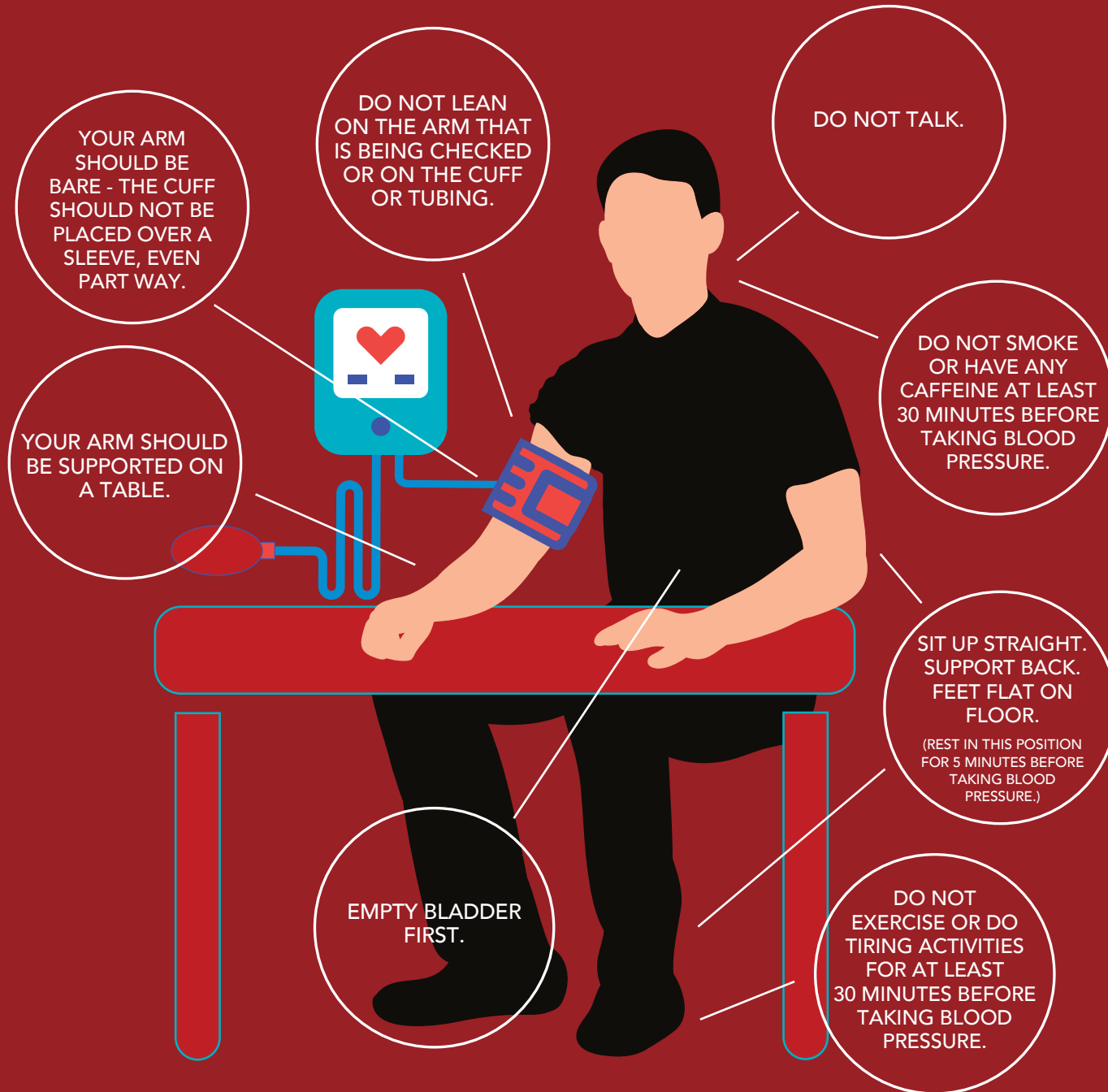
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Blood pressure changes from time to time. It is usually lower when sleeping and higher when exercising or just after eating. It can also go up or down when you use certain medicines, herbs, street drugs, or alcohol.

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:



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.