



# Outreach of the Month: Hypertension

Information for Your Patients

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Outreach topic of the month:  
**Hypertension**

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What can I do to improve my high blood pressure?

- Eat a better diet (reduce your high sodium meal intake)
- Enjoy regular physical activity
- Maintain a healthy weight
- Manage stress
- Avoid tobacco smoke
- Comply with medication prescriptions
- Limit alcohol consumption
- Lifestyle modifications are essential

These changes may reduce your blood pressure without the use of prescription medications.

What is the American Heart Association (AHA) recommendation for healthy blood pressure?

Blood Pressure Category	Systolic mm Hg (upper #)		Diastolic mm Hg (lower #)
Normal	less than 120	and	less than 80
Prehypertension	120 – 139	or	80 – 89
High Blood Pressure (Hypertension) Stage 1	140 – 159	or	90 – 99
High Blood Pressure (Hypertension) Stage 2	160 or higher	or	100 or higher
Hypertensive Crisis (Emergency care needed)	Higher than 180	or	Higher than 110

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