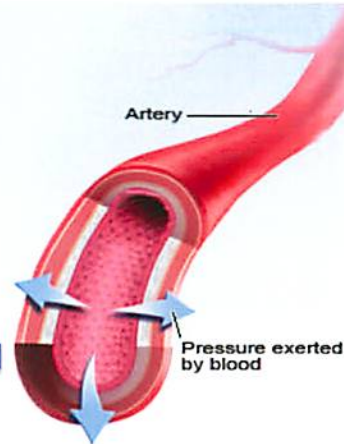


# TAKE THE PRESSURE OFF! UNDERSTANDING HYPERTENSION

Arteries are the blood vessels that carry blood from your heart to the rest of your body

Blood pressure is the force of blood pushing against the walls of your arteries



High blood pressure is when the blood pressure in your arteries is elevated and your heart has to work harder than normal. It is also called **hypertension**. High blood pressure can damage your health in many ways and hurt important organs like your heart, brain, and kidneys

## High Blood Pressure

The pressure of blood in the vessels when the heart beats: **systolic pressure**

The pressure between beats when the heart relaxes: **diastolic pressure**

**TARGET: < 140/90 mmHg**

### RISK FACTORS



Foods high in salt



Smoking



Obesity



Lack of physical activity



Excessive Alcohol



Stress

**GOOD HABITS MAKE A BIG DIFFERENCE!** Healthy lifestyle choices are essential for the prevention and management of high blood pressure

Check your blood pressure yearly



Eat a healthy diet with:

- More fruits, vegetables, potassium and whole grains
- Less sodium, trans fat and cholesterol



Quit smoking – or don't start

[www.quitnow.ca](http://www.quitnow.ca)



Hypertension  
CANADA  
[www.hypertension.ca](http://www.hypertension.ca)



**Keep moving!** Physical activity controls your BP, regulates weight, strengthens your heart and manages your stress level

<https://www.youtube.com/watch?v=aUalnS6HIGo>



**Know your target weight and stay within your range**

**Limit your alcohol consumption:**

For women 1-2 drinks/day and for men 2-3 drinks/day

[www.camh.ca](http://www.camh.ca) for Canadian guidelines



**Call 416-260-1315 to register for our Blood Pressure 101 class**