TOP 9 Foods That Lower Blood Pressure

High Blood Pressure

For more information, call (816) 404-3320 or email Eskedar.Ashenafi@tmcmed.org
Uncontrolled High Blood Pressure can lead to...

Know your risk factors for High Blood Pressure

A number of factors and variables can put you at a greater risk for developing high blood pressure. Risk factors you can change to help prevent and manage high blood pressure include:

- Lack of physical activity
- An unhealthy diet, especially one high in sodium
- Being overweight or obese
- Drinking too much alcohol
- Sleep apnea
- High cholesterol
- Diabetes
- Smoking and Tobacco use
- Stress

Daily sodium/salt intake limit: 1 teaspoon (2300mg)

Know your numbers

<table>
<thead>
<tr>
<th>BLOOD PRESSURE CATEGORY</th>
<th>SYSTOLIC mm Hg (upper number)</th>
<th>DIASTOLIC mm Hg (lower number)</th>
</tr>
</thead>
<tbody>
<tr>
<td>NORMAL</td>
<td>LESS THAN 120</td>
<td>LESS THAN 80</td>
</tr>
<tr>
<td>ELEVATED</td>
<td>120 – 129</td>
<td>LESS THAN 80</td>
</tr>
<tr>
<td>HIGH BLOOD PRESS (HYPERTENSION) STAGE 1</td>
<td>130 – 139</td>
<td>80 – 89</td>
</tr>
<tr>
<td>HIGH BLOOD PRESS (HYPERTENSION) STAGE 2</td>
<td>140 OR HIGHER</td>
<td>90 OR HIGHER</td>
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<tr>
<td>HYPERTENSIVE CRISIS (consult your doctor immediately)</td>
<td>HIGHER THAN 180</td>
<td>HIGHER THAN 120</td>
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</table>