ONE HEART. **ONE** LIFE.

Positive paths to healthy blood pressure.

Knowing your numbers can lead to a healthier you.

Do you know your blood pressure numbers? If not, according to the American Heart Association, you could be one of the millions of Americans who have high blood pressure but don't know it. High blood pressure increases the risk for heart disease and stroke – the first and third leading causes of death in the United States. So it's important to have your blood pressure checked regularly.

Category	Systolic pressure (heart at work)		Diastolic (heart at rest)
Normal blood pressure	Less than 120	and	Less than 80
Borderline blood pressure (prehypertension)	120 – 139	or	80 – 89
High blood pressure (hypertension)	140 or higher	or	90 or higher

The good news is that you can control your high blood pressure. Changes to your lifestyle like following a healthy diet, maintaining a healthy weight, exercising, not smoking and limiting alcohol intake can all help lower your blood pressure. But sometimes lifestyle changes are not enough and your doctor may recommend medication. If this happens, it's very important to take your medication as prescribed.

Want to learn more? **Take this quiz**[1] and test your knowledge of what it takes to lower high blood pressure.

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1. www.heart.org/HEARTORG/Conditions/HighBloodPressure/AboutHighBloodPressure/Can-You-Escape-the-Silent-Killer_UCM_303314_Article.jsp

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