The Hype About Hypertension
(High blood pressure)
What is Blood Pressure?
Blood pressure is the force of blood pushing against blood vessels.

What is Hypertension?
High blood pressure means a pressure in your arteries is consistently above the normal range. Its cause is often unknown. High blood pressure usually cannot be cured, but it can be controlled. The only way to know if your blood pressure is high is to check it regularly at home as well as have it checked by your health care provider.

Why Should I Care?
Untreated high blood pressure can lead to:
- Stroke
- Heart attack, angina or both
- Heart failure
- Peripheral arterial disease

Who is at Risk for Heart Disease?
- Family history of heart disease
- Aged 55 or older
- Smoker
- High blood pressure
- High cholesterol
- Not physically active
- Diabetic
- Abnormal heartbeat
- Overweight
- Stress

What Can I Do About It?
Simple lifestyle changes as well as blood pressure medication can lower your risk for high blood pressure and heart disease.
- Have regular checkups – Make appointments to see your doctor regularly.
- Don’t smoke – If you do smoke, stop now.
- Lose weight – If you’re overweight even a small drop in weight can help reduce your blood pressure, blood sugar, and cholesterol levels.
- Be active – Do at least 30 minutes of moderate physical activity on most if not all days of the week. To find a Hackensack Meridian Health fitness and wellness location near you, call 1-800-560-9990.
- Eat healthy – Limit your salt and fat intake
- Lower your cholesterol and triglycerides
- Take medication as prescribed by your health care provider.

By the Numbers:
Blood pressure ....................... Less than 120/80 mmHg
LDL Bad cholesterol .................. Less than 100 mg/dL
Triglycerides .......................... Less than 150 mg/dL
Fasting glucose ...................... Less than 100 mg/dL

Additional Information
Weight Control Tips: cdc.gov/healthyweight
Exercise Basics: cdc.gov/physicalactivity
Help to Quit Smoking: cdc.gov/tobacco