

## Know More Numbers!

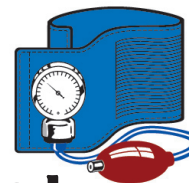
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## Know Your Numbers!

	Ideal	Date / /	Date / /
Blood Pressure	<120/80		
Fasting Blood Sugar	< 100		
Total Cholesterol	<200		
HDL (Good) Cholesterol	>60		
LDL (Bad) Cholesterol	<100		
Weight & BMI	18.5 – 24.9	Wt BMI	Wt BMI
Waist Size	M: <40" W: <35"		

Card developed by  Dartmouth-Hitchcock Keene  
With the support of the  PREVENTION RESEARCH CENTER AT DARTMOUTH

# To Control your High Blood Pressure you need to... Know Your Numbers



New Hampshire MEDICAL SOCIETY

Partnering NH physicians with their communities to improve heart health



## What is High Blood Pressure & What Can I Do About It?

- Systolic (the pressure when the heart pumps) = the top number should be below 140
- Diastolic (the pressure when the heart is between beats) = the bottom number should be below 90

**HIGH** Systolic 140 or above OR Diastolic 90 or above

**PRE-HIGH** Systolic between 121-139 OR Diastolic between 81-89

**NORMAL** Systolic 120 or less AND Diastolic 80 or less

High Blood Pressure is a contributing factor to 50% of heart attacks and 75% of strokes.

Fortunately, it can usually be controlled with a combination of **physical activity**, achieving a **healthy weight**, **healthier eating**, **medication**, and **avoiding tobacco and excessive alcohol**.

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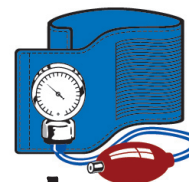
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## Questions to Ask Your Health Provider

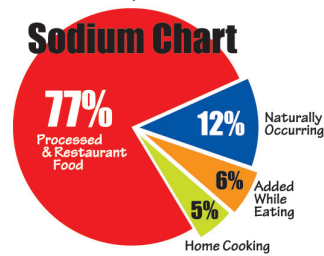
- What is my Blood Pressure goal?
- What is my BP medication? How does it work? What's the best way to take it?
- What could I do to reduce my need for medication?
- What would be a healthy weight for me?
- Do you have suggestions for a healthier eating plan that I could follow?
- Am I getting enough physical activity? How can I get more in a safe, enjoyable way?

## 6 Steps to a Normal Blood Pressure

- 1) Maintain a normal weight
- 2) Get at least 30 minutes of physical activity most days
- 3) Only drink alcohol in moderation
- 4) Eat more fresh fruits and vegetables
- 5) Avoid tobacco
- 6) Reduce salt
  - Buy fresh, frozen or canned vegetables with "no salt added"
  - Use herbs, spices and salt-free seasonings in home cooking and at the table
  - Eat home-cooked meals - most salt is consumed from restaurant and processed foods
  - Read food labels and buy low, reduced or no-salt-added versions of foods
  - Eat fresh poultry, fish or lean meat, not canned or processed varieties

## Dining Out the Healthy Way...

- Downsize, don't supersize.
- Ask for dressings, gravies and sauces on the side.
- Shy away from *fried* and *buttery* and choose *baked, grilled* and *broiled* instead.
- Order water rather than soda.
- Share your entrée with a friend.
- Read nutritional labels on menus.
- Choose healthy heart selections.



## A healthy heart needs 30 minutes or more of physical activity a day, at least 5 days each week



- Take a brisk walk before breakfast or after dinner, or both!
- Walk the dog or walk with a friend
- Take the stairs
- Park farther from work or stores
- Plan family outings and vacations that include physical activity – hiking, biking, swimming, dancing, etc.
- Draw a one mile circle around your house on a map and commit to traveling everywhere within it by walking or bicycling



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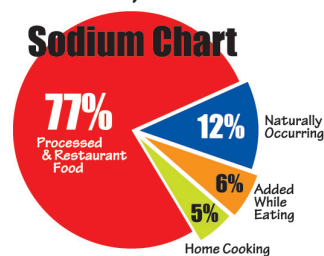
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