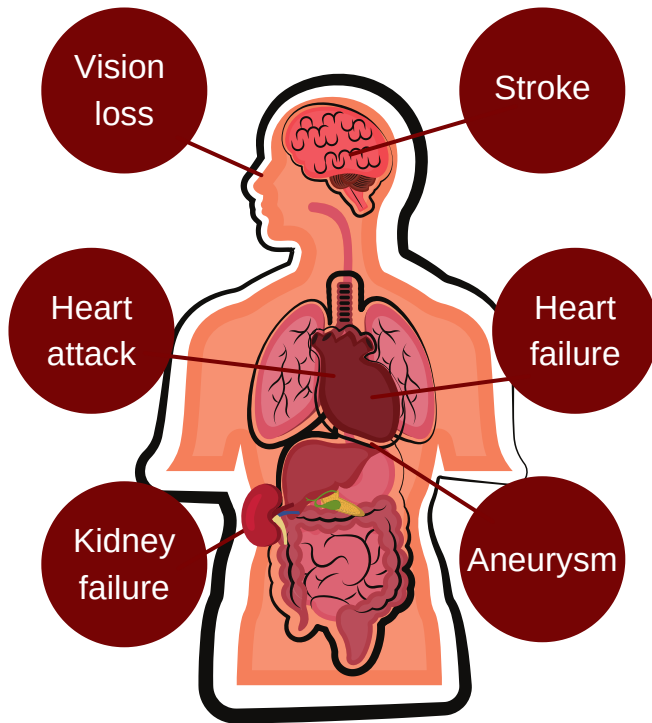


COMPLICATIONS

UNCONTROLLED HYPERTENSION
CAN LEAD TO:



- Vision loss
- Stroke
- Heart attack
- Heart failure
- Kidney failure
- Aneurysm (when an artery widens and can lead to it bursting)

FOR MORE
INFORMATION SEE:

THE AMERICAN
HEART
ASSOCIATION



City Medical Center

Non-profit low-cost clinic

3920 Braxton Suite 110

Houston, TX 77063

Phone: 281-853-9924

Open Saturdays from

9am-12 pm

www.foundationforbe.org

HYPERTENSION

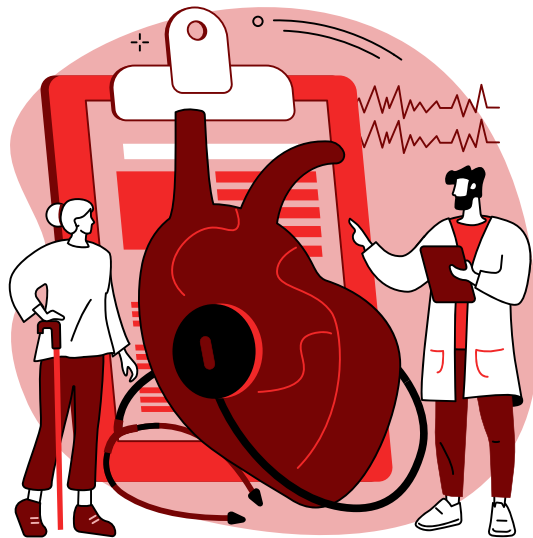
What it is and how to prevent it



WHAT IS HYPERTENSION?

Also known as high blood pressure, it is a condition in which the force of blood against the artery walls is too high

Hypertension is when your systolic BP (top number) is >140 mmHg and your diastolic BP (bottom number) is >90 mmHg



RISK FACTORS

- Age
- Stress
- Obesity
- Family history
- Race
- High-salt diet
- Excessive alcohol
- Physical inactivity



UNDERSTANDING YOUR NUMBERS

Category	Systolic BP (mm Hg)	Diastolic BP (mm Hg)
Normal	<120	<80
Elevated	120-129	<80
Stage 1	130-139	80-89
Stage 2	>140	>90

PREVENTION



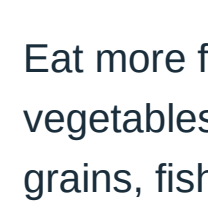
Meditation



Exercise



Eat less salt (less processed food)



Eat more fruits, vegetables, whole grains, fish and nuts



Cut down on alcohol