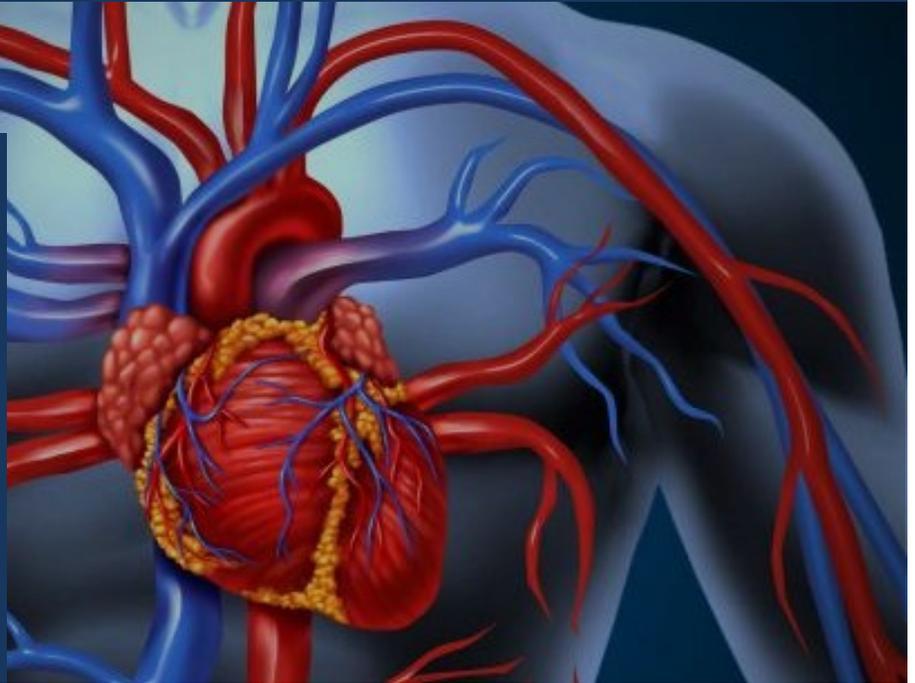


Blood Pressure Guidelines

The American College of Cardiology and American Heart Association have updated blood pressure recommendations

Why new guidelines?

For the first time since 2003, a new set of guidelines have been created to **find people at risk** of high blood pressure **before they need medication.**



What is Blood Pressure?

Blood pressure is the amount of force that pushes on blood vessels throughout the body. Always having high blood pressure hurts blood vessels. It also damages the kidneys and heart. It is measured in **systolic** and **diastolic** pressure

Systolic pressure is the force in the arteries when the heart pumps



Diastolic pressure is the force in the arteries when the heart is relaxed



Measuring BP

When measuring BP, the **systolic** pressure goes on top, and **diastolic** on the bottom

120 / **80**

Blood Pressure Recommendations¹

Blood Pressure	Systolic mmHg		Diastolic mmHg
Normal	Less than 120	and	Less than 80
Elevated	Between 120-129	and	Less than 80
High Blood Pressure (Hypertension) Stage 1	Between 130-139	or	80-89
High Blood Pressure (Hypertension) Stage 2	140 or higher	or	90 or higher
Hypertensive Crisis (Emergency, call 911)	Higher than 180	and	Higher than 120

Tips on Controlling Blood Pressure²



Exercise at least 30 minutes a day; decreases BP by 4-9 mmHg



Eat less salt. Small reductions can lower BP by 2-8 mmHg



Healthy plant-focused diets can lower BP by up to 14 mmHg



Cigarettes increase your BP. Quitting helps maintain healthy levels

How to Get an Accurate Blood Pressure³



Relax for at least 5 minutes before the reading is taken



The cuff should be at heart level. Arms and back should be supported. Arm placement can cause the pressure to be too high or too low



Does it fit? The cuff should fit snugly around the arm



Remove clothing from the area where the cuff will be



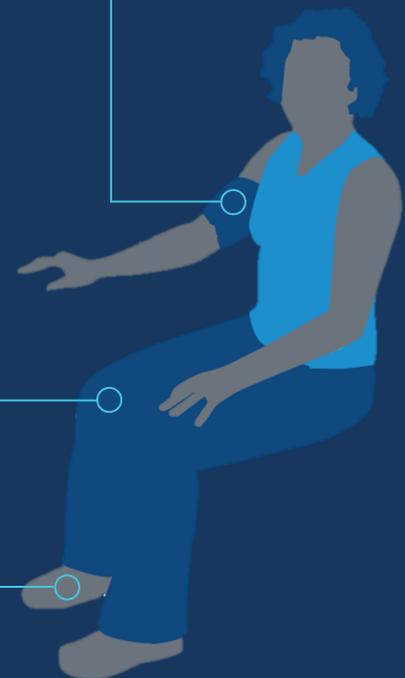
Don't cross your legs. It can increase the readings



Sit, don't lay. Laying down can throw off the readings



Sit with feet flat on the ground



- American College of Cardiology. New High Blood Pressure Guidelines. 2017
- Mayo Clinic. 10 Ways to Reduce Blood Pressure. 2015
- Pickering, T. Hall, J. et al. Recommendations for Blood Pressure Measurement in Humans and Experimental Animals. *Circ*.2005

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