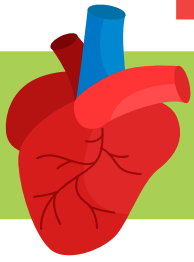
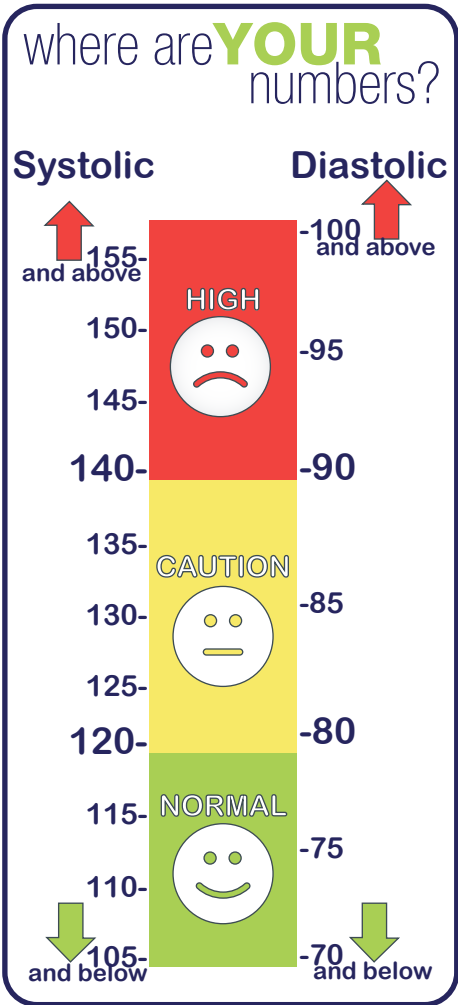


HIGH Blood Pressure (HYPERTENSION)



Blood pressure is the force of your blood moving along the walls of your arteries and shown by two measurement numbers.



Top Number **SYSTOLIC** (mmHg)
pressure on arteries when heart beats

Bottom Number **DIASTOLIC** (mmHg)
resting pressure between heartbeats

Other reasons BP numbers might be high

White Coat Syndrome: anxiety from seeing a health care professional, even in calm settings

Autonomic Dysreflexia: sudden BP rise in persons with spinal injury usually caused by an irritation below the injury level

LIFESTYLE CHANGES to lower blood pressure

MOVE MORE
Be active at least 150 minutes a week to maintain a healthy weight

EAT HEART HEALTHY
Focus on fruits and vegetables and avoid foods with added sugars

SLOW DOWN ON SALT
Limit to 1,500 mg of sodium a day

LIMIT ALCOHOL
1 drink for women and 2 drinks for men per day

DO NOT SMOKE
Using tobacco or vaping can increase blood pressure

MANAGE SLEEP & STRESS
Try calming techniques like yoga or meditation and sleep 7-8 hours a night

