

SMART HEALTH: TOOLS FOR MANAGING HYPERTENSION

WHAT IS HYPERTENSION?

Hypertension, commonly called high blood pressure, is a chronic medical condition where the force of blood against the walls of the arteries is consistently too high.



The Silent Killer

Hypertension often has no noticeable symptoms until severe damage has occurred. It is important to measure and monitor your blood pressure. Know your typical blood pressure numbers and share them with your medical provider.

Blood pressure readings consist of two numbers:

- **Systolic Pressure:** The top number, indicating the pressure in the arteries when the heart beats.
- **Diastolic Pressure:** The bottom number, indicating the pressure in the arteries when the heart rests between beats.

Hypertension is generally diagnosed when blood pressure readings consistently exceed 130/80 mmHg, as defined by the American Heart Association (AHA).

Blood Pressure Category	Normal	Elevated	Stage 1 Hypertension (High Blood Pressure)	Stage 2 Hypertension (High Blood Pressure)	Hypertensive Crisis (consult medical professional immediately)
Systolic	Less than 120	120-129	130-139	140 or Higher	Higher than 180
	and	and	or	or	and/or
Diastolic	Less than 80	Less than 80	80-89	90 or Higher	Higher than 120