

WHAT IS DESIRED OR “GOOD” BLOOD PRESSURE LEVELS?

Determining good blood pressure levels would depend on any other diseases or conditions a person may have.

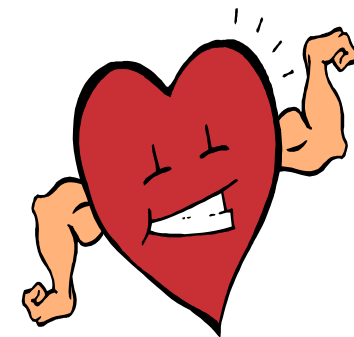
- ♥ For a person without any other health problems, a good blood pressure is one where the top number (systolic blood pressure) is less than 140 and the bottom number (diastolic blood pressure) is less than 90, with an optimal blood pressure of 120/80.
- ♥ For a person with diabetes, heart failure, angina, stroke, or heart attack a good blood pressure is one where the top number is less than or equal to 130 and the bottom number is equal to or less than 85.
- ♥ For a person with diabetes with kidney damage (protein spilling into urine), a good blood pressure is one where the top number is less than or equal to 124 and the bottom number is less than or equal to 75.

DETROIT COMMUNITY HEALTH CONNECTION IS HERE FOR YOU.

Hypertension is a major cause of sickness and death, especially in the African American and Hispanic communities. That is why it is important to control your blood pressure. Here at Detroit Community Health Connection, we are concerned about the potential complications of uncontrolled blood pressure on your health. That is why we are taking the time to provide education about your high pressure to you. We feel that if you understand your disease and the possible health risk to you if your blood pressure is not controlled, you will be more likely to take your medications and to do the things which will help to keep your blood pressure at desired levels. If you have any questions about anything in this brochure, please feel free to ask your health care provider.

Detroit Community Health Connection
13901 East Jefferson
Detroit, MI 48215
(313) 822-0900
(313) 822-0950

SIX STEPS TO A HEALTHIER HEART



WHY SHOULD I BE CONCERNED ABOUT MY BLOOD PRESSURE?

Hypertension (high blood pressure) occurs when your blood pressure remains elevated over a period of time. High blood pressure is also known as the “silent killer,” because often it does not cause symptoms until there is serious damage physically. This damage can be done to the blood vessels in your body.

- ♥ Severe damage to blood vessel in the brain may cause a brain clot (stroke), or bleed (hemorrhage).
- ♥ Blood vessel damage in the heart may cause a blood clot in your heart (heart attack), or a heart that doesn't pump blood out like it should (systolic heart failure) or can't fill like it should (diastolic heart failure).
- ♥ Blood vessel damage in the kidneys may cause protein in your blood vessels to leak out. If this is not stopped with the control of your blood pressure, you may over a period of time develop extensive damage and the kidney may not be able to function very much or at all (kidney failure).

Detailed below are some of the things you can do to help lower and control your blood pressure

I. See your doctor on a regular basis and have your blood pressure checked



II. Exercise and stay physically active, Develop an exercise program under the supervision of a doctor



III. Follow a healthy low fat, low cholesterol, and low salt diet



IV. If you smoke, quit. Smoking causes further damage to your blood vessels and makes your blood more



Talk to your doctor about a smoking cessation program

V. Take your medication as prescribed by your doctor. If you have any side effects, contact your doc-



Doing so will cause your blood pressure to rise to dangerous levels. Which could cause a stroke, heart

VI. Lose excessive body weight.



Follow-up with a nutritionist for a detailed dietary guide and weight loss program monitored by your