

### What is Blood Pressure?

**Blood pressure** is the force of blood pushing against the walls of your arteries. Arteries are like tubes that carry blood from your heart to the rest of your body.

### What is High Blood Pressure?

- **High blood pressure or hypertension** is when your blood pressure is higher than it should be. It occurs when the blood pushes through your arteries with too much force.
- Having high blood pressure makes your heart work harder, which raises the chance of having heart disease, a heart attack, or a stroke.
- A Share Ourselves provider can check for high blood pressure and decide on the best treatment.

### Blood Pressure Levels:

Blood pressure levels according to the American Heart Association:

Category	Systolic mmHg (upper number)	Diastolic mmHg (lower number)
Normal	Less than 120	Less than 80
Elevated	120-129	Less than 80
High Blood Pressure (Stage 1)	130-139	80-89
High Blood Pressure (Stage 2)	140 or higher	90 or higher
Hypertensive Crisis (call your provider immediately)	Higher than 180	Higher than 120

### High Blood Pressure Risk Factors:

Things that can raise your chances of having high blood pressure, but you can do something about them, include:

- Cigarette smoking or being around smoke of others
- Having diabetes
- Being overweight or obese
- Having high cholesterol
- Eating unhealthy foods, like one high in salt and low in potassium, and drinking too much alcohol
- Not being physically active

## High Blood Pressure (Hypertension)

Some things that can make it more likely for you to have blood pressure, but you can't really change, include:

- Having family members with high blood pressure
- Race/ethnicity
- Getting older
- Having chronic kidney disease

To schedule an appointment with your primary care provider at Share Ourselves, please call **949-270-2100**.