

HIGH BLOOD PRESSURE AND HER HEART

BECAUSE HER HEART MATTERS TOO • FOR MORE INFORMATION VISIT YOURHEART.CA



High blood pressure can lead to, and increases your chance of, heart disease and stroke.



If you have high blood pressure, you will only rarely have symptoms.



High blood pressure is often underestimated and undiagnosed among women.

KNOW YOUR NUMBERS

TOP NUMBER

The pressure or force measured in the arteries **when the** heart beats

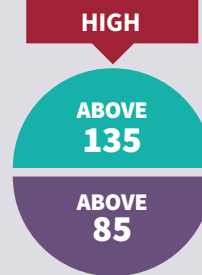
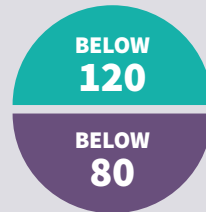
Systolic
(mm Hg)

BOTTOM NUMBER

The pressure or force measured in the arteries **between** heartbeats

Diastolic
(mm Hg)

KNOW WHAT YOUR BLOOD PRESSURE NUMBERS MEAN. Using the automated cuff or home blood pressure monitoring:



also called **Hypertension**

WHAT CAN I DO?

10 TIPS FOR PREVENTION AND SELF-MANAGEMENT



Reduce salt intake. Aim for less than one teaspoon (<2400 mg) of salt a day.



Manage stress. Stay connected with those who care.



Move more, sit less. Choose an activity that you enjoy and that fits with your lifestyle. Aim for 30 minutes a day.



Diabetes control



Take your medications as prescribed.



Achieve and maintain a healthy weight. Aim for a waist circumference below 88 cm



Monitor your blood pressure and keep a log.



Increase fruits and vegetables. Aim for 7 servings of fruits and/or vegetables a day.



Reduce alcohol intake. Aim for fewer than 2 drinks per day and less than 9 drinks per week.

If you smoke, find support to quit.



High Blood Pressure

Excess Damage to the Arteries

Fatty Deposits

Narrowed Blood Vessel Walls

Reduced Blood Flow

HEART DISEASE



Download the top 5 questions to ask your healthcare provider at yourheart.ca