

## Know your numbers Take Control

1. **Normal blood pressure is 120/80 or below. 140/90 or above indicates you have high blood pressure.** Keep a regular chart of your blood pressure numbers and see your Dr if they go up to the pre-hypertension level or above.
2. Cholesterol total should be 200 mg or below  
Triglycerides 150 or below  
Recommended LDL: below 100  
Recommended HDL Above 50
3. Fasting Blood glucose (blood sugar) below 100

### Manage your Health

Exercise 30 minutes per day

Eat natural foods –avoid boxed and packaged foods

Stop Smoking and avoid 2<sup>nd</sup> hand smoke

Learn how to manage stress

## • What Blood Pressure Numbers Mean:

- Blood pressure is measured using two numbers. The first number, called **systolic** blood pressure, represents the pressure in your blood vessels when your heart beats. The second number, called **diastolic** blood pressure, represents the pressure in your blood vessels when your heart rests between beats. Blood pressure is measured in millimeters of mercury (mmHg).
- A blood pressure less than 120/80 mmHg is normal. A blood pressure of 140/90 mmHg or more is too high. People with levels from 120/80 mmHg to 139/89 mmHg have a condition called pre-hypertension, which means they are [at high risk for high blood pressure](http://www.cdc.gov/bloodpressure/risk_factors.htm)([http://www.cdc.gov/bloodpressure/risk\\_factors.htm](http://www.cdc.gov/bloodpressure/risk_factors.htm)).

## • Manage your medications:

- **If your Dr prescribed medication to lower your numbers, take it everyday as ordered even if you feel better. Check with your Dr before stopping medication.**
- **If the medications cause you side effects tell your Dr and you will be given a different type.**
- **If you take multiple pills for different health issues, use a weekly pill box so that you take the right pills at the right time each day.**

• **TAKE CONTROL!**