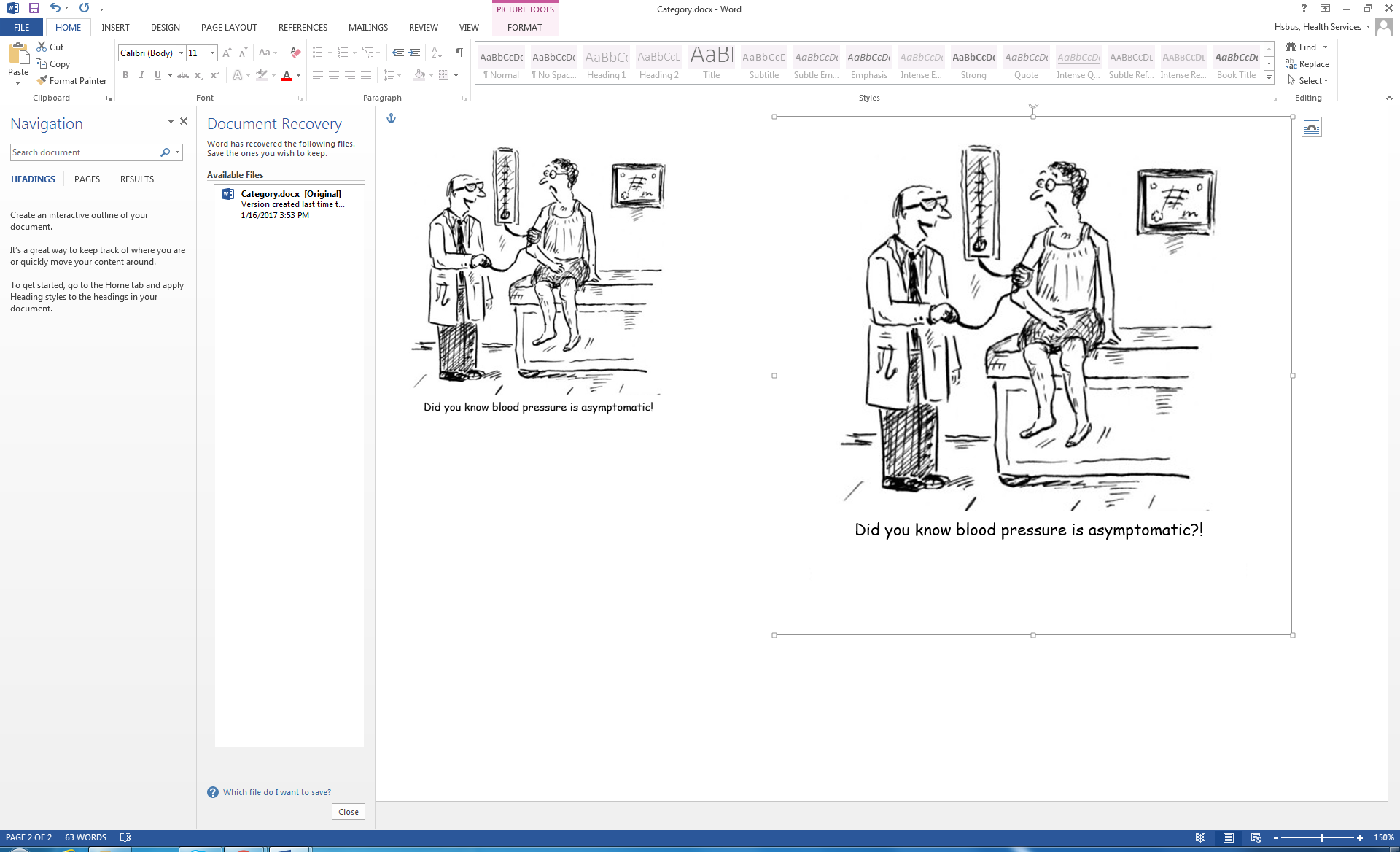
Blood Pressure 101

What is it?

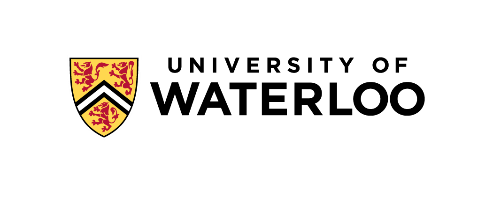
* The pressure or force exerted against the blood vessel walls

What do the numbers mean?

* 120 🡨 Systolic - measure of the pressure when your heart contracts (beats) and pumps the blood.
*  80 🡨 Diastolic - measure of the pressure when your heart relaxes between beats.

Blood Pressure Ranges

|  |  |
| --- | --- |
| Category | Systolic/Diastolic |
| Normal | 120-129/80-84 |
| High-Normal | 130-139/85-89 |
| High Blood Pressure (Hypertension) | 140/90 or higher |



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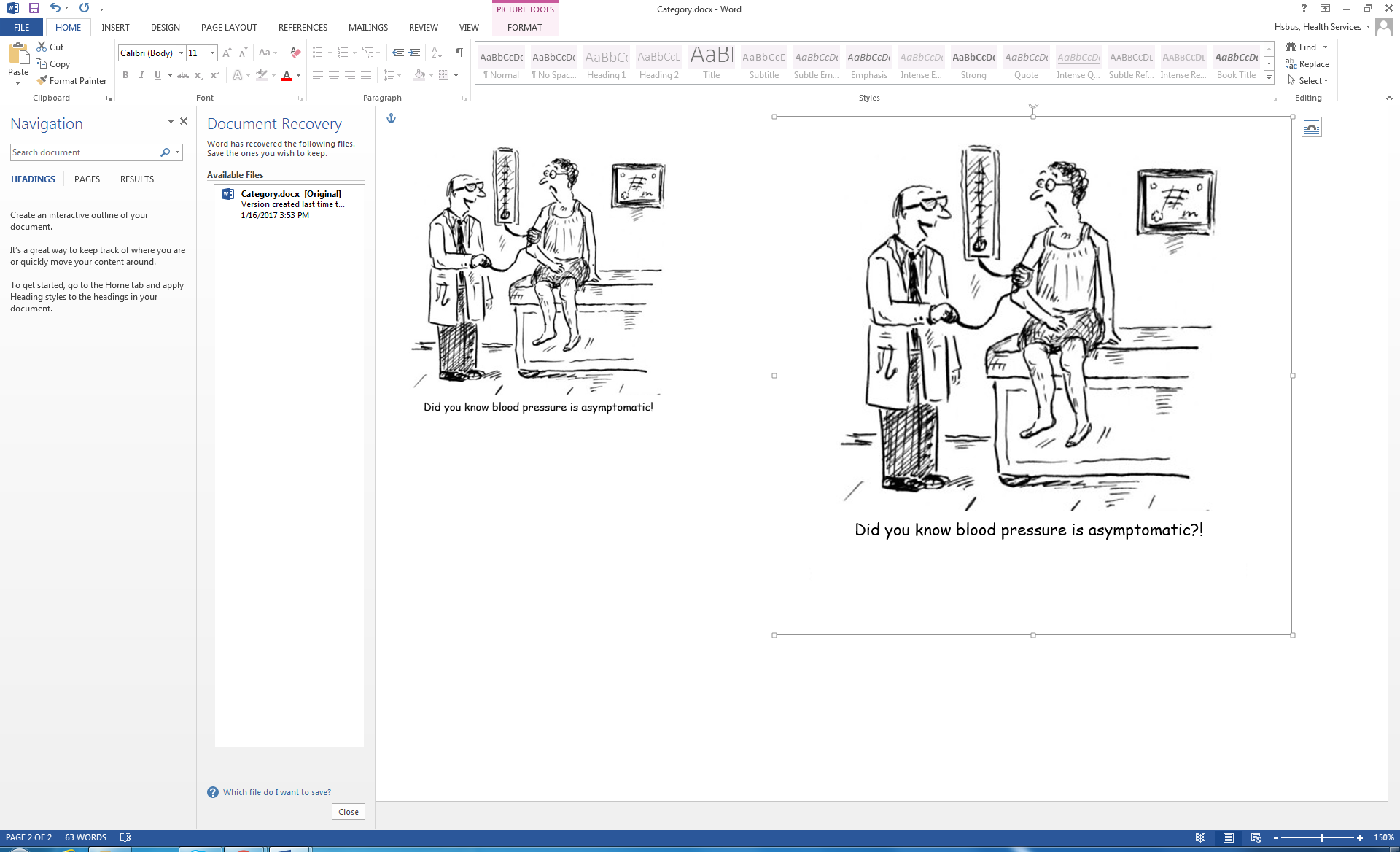
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Where can I check my blood pressure?

* Occupational health nurses
* Health services kiosk
* Kiosk at your local pharmacy
* Family Doctor’s office
* Home self-monitoring

How to manage blood pressure?

* Healthy eating

|  |  |
| --- | --- |
| > Monitor sodium intake (2000mg per day) | > Low fat dairy products |
| > Emphasize fruit, vegetables, and fiber | > Leans meats, or plant based proteins |

* Stress management
* Regular physical exercise
* Weight Reduction
* Make healthy lifestyle choices (quit smoking, reduce alcohol consumption)

Where to find more information?

* Heart and Stroke Foundation website
* Hypertension Canada website
* Occupational Health Nurses @UW
* Your family Doctor

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