

Blood Pressure Screening

The paramedics at the fire stations are always willing to check your blood pressure.

Known as the silent killer, high blood pressure has no symptoms. The only way to find out if you have it is to have your blood pressure tested. High blood pressure can lead to several serious conditions including coronary heart disease, heart failure, stroke, kidney failure and other health conditions. About 72 million Americans suffer from high blood pressure; that works out to about 1 in 3. Children are not immune to High Blood Pressure (HBP). HBP can be managed with a change in lifestyle and in many cases medication.

Blood Pressure Category	Systolic mm Hg (upper #)		Diastolic mm Hg (lower #)
Normal	less than 120	and	less than 80
Prehypertension	120 – 139	or	80 – 89
High Blood Pressure (Hypertension) Stage 1	140 – 159	or	90 – 99
High Blood Pressure (Hypertension) Stage 2	160 or higher	or	100 or higher
<u>Hypertensive Crisis</u> (Emergency care needed)	Higher than 180	or	Higher than 110

Managing your blood pressure

Don't Smoke
Exercise 3 times a week
Manage stress
Maintain a healthy weight
Eat a sensible diet
Limit alcohol consumption
Watch your salt intake
Take your medications

<http://www.heart.org/HEARTORG/Conditions/HighBloodPressure>