

# High Blood Pressure

## What is it?

Blood pressure is the force of blood against your artery walls as it circulates through your body. Nearly half (45%) of American adults have high blood pressure. Hypertension puts you at risk for heart disease and stroke which are leading causes of death in the United States.

## Blood Pressure Stages

Blood Pressure Category	Systolic mm Hg (upper #)		Diastolic mm Hg (lower #)
Normal	less than 120	and	less than 80
Elevated	120-129	and	less than 80
High Blood Pressure (Hypertension) Stage 1	130-139	or	80-89
High Blood Pressure (Hypertension) Stage 2	140 or higher	or	90 or higher
Hypertensive Crisis (Seek Emergency Care)	higher than 180	and/or	higher than 120

Source: American Heart Association

## Prevention and Treatment:

- Don't smoke and avoid secondhand smoke.
- Reach and maintain a healthy weight.
- Eat a healthy diet: low in saturated and trans fats and rich in fruits, vegetables, whole grains and low-fat dairy products.
- Reduce Sodium - less than 1,500 mg/day of sodium.
- Eat foods rich in potassium - 3,500 – 5,000mg per day.
- Limit alcohol - 1 drink per day for women or two drinks a day for men.
- Be more physically active. 150 minutes of moderate-intensity physical activity or at least 75 minutes of vigorous physical activity per week. Add muscle-strengthening activity at least two days per week for more health benefits.
- Take blood pressure medicine as prescribed.
- Know what your blood pressure should be and work to keep it at that level

## Signs and Symptoms:

High blood pressure usually has no warning signs or symptoms, so many people don't realize they have it.

Some people with high blood pressure may experience headaches, shortness of breath, or nosebleeds. These signs and symptoms are not specific and do not occur until hypertension has reached a severe or life-threatening stage.

## Modifiable Risk Factors:

- Cigarette smoking and exposure to secondhand smoke
- Diabetes
- Being obese or overweight
- High cholesterol
- Unhealthy diet (high in sodium, low in potassium, and drinking too much alcohol)
- Physical inactivity

## How we can help:

- Free **health coaching** with Kim (312) 256-1179 or Holly (919) 237-8900, or visit the Marathon Health Portal [www.my.marathon-health.com](http://www.my.marathon-health.com) for an appointment.
- Lenovo specific **medical visits**. Free depending on your health plan.
- Bi-monthly virtual **mindfulness** sessions: Wednesdays and Thursdays
- Lenovo Benefits web site!