




STROKE PREVENTION

Maintain a healthy blood pressure.

High blood pressure is the leading cause of stroke. High blood pressure can lead to the blood vessels rupturing (i.e. hemorrhagic stroke) or damage to the walls of the blood vessels causing them to harden and plaque to build-up (i.e. artery disease). Maintaining a healthy blood pressure can significantly reduce your chances of having a stroke.

Monitor Your Blood Pressure (BP):

- Get a Blood Pressure machine.
- Check your BP 2 times a day. First, in the morning before eating & taking medications. Second, in the evening before eating dinner or before bedtime. Make sure your feet are flat on the floor and you have given your body a few minutes to settle before taking your BP.
- Keep a log of your BP numbers. Write down anything that may have contributed to your BP, such as eating a salty meal the night before.

Blood Pressure Category	Systolic mm Hg (upper number)		Diastolic mm Hg (lower number)	What to do
Low	Less than 100	and	Less than 60	Consult your doctor. If you are dizzy or light-headed you need to go to the ED.
Normal 	100-120	and	Less than 80	No action needed.
Elevated	120-129	and	Less than 80	Consult your doctor.
High Blood Pressure Hypertension Stage 1	130-139	or	80 - 89	Consult your doctor.
High Blood Pressure Hypertension Stage 2	140 or higher	or	90 or higher	Consult your doctor.
Hypertension Crisis	Higher than 180	and/or	Higher than 120	Consult your doctor immediately. If you are having a severe headache or other symptom of concern call 911 or go to the ED.

Ways to Maintain and/or Lower Your Blood Pressure (BP):

- Consume less than 1,500 mg of salt (sodium) per day and avoid salty food items including table salt, soy sauce, fish sauce, and canned meat.
- Increase physical activity. Try something active that you enjoy doing at least 30 minutes per day. This can include walking, dancing, swimming, and yardwork.
- Weight loss of as little as 5-10 lbs. can lower your BP significantly.
- If your provider has ordered blood pressure medications to reduce your blood pressure, take them regularly, as prescribed.



- Order online (price ranges from \$18-\$100).
- Buy in a pharmacy-type store, including big box stores like Walmart or Target (price ranges from \$40-\$100).
- Contact your local Fire Station for free blood pressure checks.

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