



Know Your Numbers

Community First Hawai'i



HIGH BLOOD PRESSURE - What "Numbers" Do I Need to Know & Why

WHAT is High Blood Pressure?

High blood pressure, also referred to as **hypertension**, is when your **blood pressure**, the force of blood flowing through your blood vessels, is consistently too high.

How is High Blood Pressure **DIAGNOSED**?

In order to diagnose high blood pressure, also known as hypertension, you need to have your blood pressure measured in a medical clinic with a pressure cuff (sphygmomanometer).

CONSEQUENCES of High Blood Pressure?

High blood pressure (HBP) is often the first domino in a chain or "**domino effect**" leading to devastating consequences, like:



HEART FAILURE

HBP can cause the heart to enlarge and fail to supply blood to the body.



STROKE

HBP can cause blood vessels in the brain to burst or clog more easily.



HEART ATTACK

HBP damages arteries and causes them to narrow and stiffen.



VISION LOSS

HBP can damage the vessels in the eyes.



KIDNEY DISEASE/ FAILURE

HBP can damage the arteries in the kidneys and interfere with their ability to effectively filter blood.

Other consequences include, but are not limited to:

Sexual dysfunction, Angina and Peripheral artery disease.

A simple blood pressure check is the first step to preventing the "domino effect."

"THE SILENT KILLER"

Most of the time, high blood pressure, or hypertension, has **no obvious symptoms** to indicate that something is wrong. The best ways to protect yourself are being aware of the risks and making changes that matter. **KNOW YOUR NUMBERS** and make changes that matter to protect your health.

Scan the QR Code for Step by Step Instructions for Measuring your Blood Pressure
[YOUTUBE.COM/@COMMUNITYFIRSTHAWAII](https://www.youtube.com/@COMMUNITYFIRSTHAWAII)

ASK FOR OUR BROCHURE TO LEARN MORE!

SCAN ME

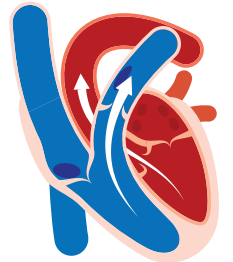


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Understanding the **NUMBERS**

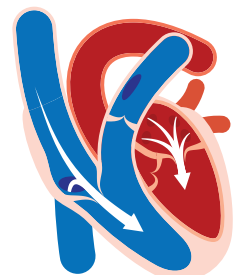
SYSTOLIC

The top number, the higher of the two numbers, measures the pressure in the arteries when the heart beats (when the heart muscle contracts).



DIASTOLIC

The bottom number, the lower of the two numbers, measures the pressure in the arteries when the heart is resting between heart beats.



| | | |
|--|--|--|
| | Normal | Less Than 120 Less Than 80 |
| | Elevated | 120-129 Less Than 80 |
| | Stage 1 Hypertension | 130-139 80-89 |
| | Stage 2 Hypertension | 140 Or Higher 90 Or Higher |
| | Hypertensive Crisis - Call 911! | Higher Than 180 Higher Than 120 |

If your blood pressure is higher than 180/120 mm Hg or you are experiencing signs of possible organ damage such as chest pain, shortness of breath, back pain, numbness/weakness, change in vision or difficulty speaking, do not wait to see if your pressure comes down on its own. Call 911.