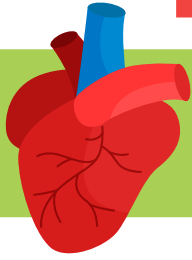
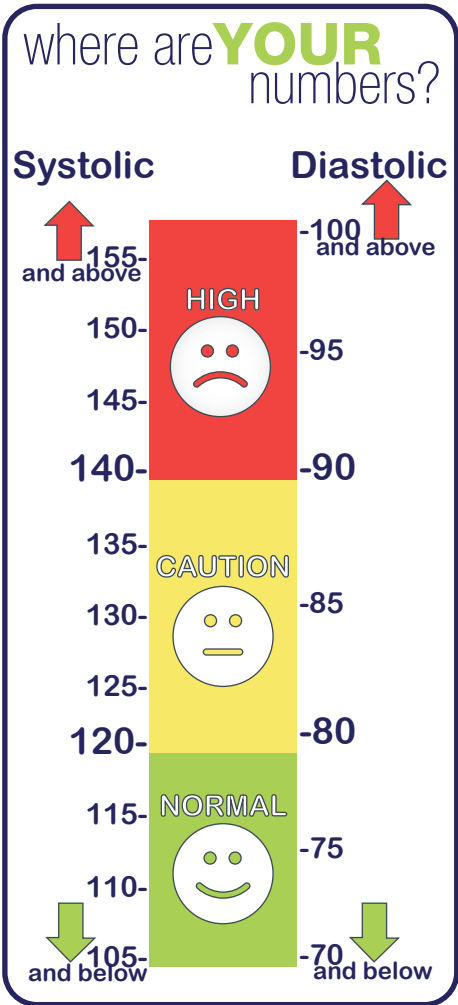


HIGH Blood Pressure (HYPERTENSION)



Blood pressure is the force of your blood moving along the walls of your arteries and shown by two measurement numbers.



Top Number **SYSTOLIC** (mmHg)
pressure on arteries when heart beats

Bottom Number **DIASTOLIC** (mmHg)
resting pressure between heartbeats

Other reasons BP numbers might be high

White Coat Syndrome: anxiety from seeing a health care professional, even in calm settings

Autonomic Dysreflexia: sudden BP rise in persons with spinal injury usually caused by an irritation below the injury level

LIFESTYLE CHANGES to lower blood pressure

- MOVE MORE**
Be active at least 150 minutes a week to maintain a healthy weight
- EAT HEART HEALTHY**
Focus on fruits and vegetables and avoid foods with added sugars
- SLOW DOWN ON SALT**
Limit to 1,500 mg of sodium a day

- LIMIT ALCOHOL**
1 drink for women and 2 drinks for men per day
- DO NOT SMOKE**
Using tobacco or vaping can increase blood pressure
- MANAGE SLEEP & STRESS**
Try calming techniques like yoga or meditation and sleep 7-8 hours a night

