

Got high **blood** pressure? ... Here's what you need to know!

Getting the facts straight

"High blood pressure is the **#1 risk factor for stroke** and a major risk factor for heart disease".
(Heart and Stroke Foundation, 2014)



| Category | Systolic/Diastolic |
|-------------|--------------------|
| Low risk | 120 / 80 |
| Medium risk | 121-139 / 80-89 |
| High risk | 140+ / 90 |

Top 10 tips to control your blood pressure



1. **Get your blood pressure checked regularly.**
2. **Take your medication as directed** if your doctor prescribed it for hypertension.
3. **Limit the sodium.** These include convenience and snack foods, smoked, salted, cured, or canned meats and fish.
4. **Replace salt with spices.** Instead of salt, try oregano, basil, curry, chili power, paprika, thyme, sage.
5. **Try the DASH diet.** Add an extra serving of veggies at lunch or dinner, incorporate fruit into your breakfast and snacks, portion one meat serving to the size of the palm of your hand (2 servings/day), consume whole grains, and decrease fat intake.
6. **Get active for 30 minutes a day** in 10-minute bouts (or more). Go for a brisk walk instead of watching TV, do a short workout instead of using the computer, or play with your kids!
7. **Achieve and maintain a healthy weight.** If you are overweight, losing just 5-10% of your weight can dramatically decrease your risk of stroke or heart attack.
8. **Be smoke-free.** Speak to your doctor about quitting. If you don't smoke, minimize your exposure to second-hand smoke.
9. **Limit your alcoholic beverages to 2 drinks/day** (weekly max of 10 and 15 for women and men, respectively).
10. **Decrease stress.** Resort to healthy stress coping mechanism like physical activity, socializing, laughter, healthy eating, and having "me" time.



Canadians should eat less than **2300 mg of sodium** (about **1 tsp** of salt) **per day** (Heart and Stroke Foundation, 2014).

Heart and Stroke Foundation. (2014). Getting your blood pressure in check.