



UNDER PRESSURE?

High blood pressure often has no symptoms.

CHECK IT. TRACK IT. TAKE CONTROL.



KNOW YOUR BLOOD PRESSURE NUMBERS

BLOOD PRESSURE CATEGORY	SYSTOLIC (Top Number)		DIASTOLIC (Bottom Number)
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
SEVERE HYPERTENSION (Consult your doctor immediately)	HIGHER THAN 180	and/or	HIGHER THAN 120



SMALL CHANGES CAN LOWER YOUR BLOOD PRESSURE



Check Your Blood Pressure Regularly

- Ask your doctor about your target numbers



Eat Less Salt & Fatty Foods

- Limit canned, instant, and fried foods



Exercise Regularly

- Move your body at least 30 minutes a day



Take Time to De-Stress

- Relax daily: breathe, rest, and sleep well

Quit Tobacco



READY TO QUIT?

CNMI Tobacco QUITLINE

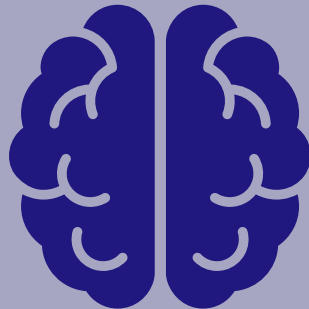
(670) 323-QUIT(7848)

WHY IT MATTERS

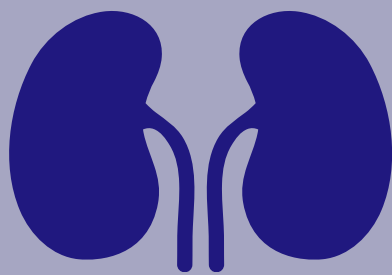
High blood pressure can lead to:



HEART
DISEASE



STROKE



KIDNEY
DISEASE



**Know your numbers.
Protect your health.
Protect your life.**



**PUBLIC
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