

Why measure and record my blood pressure?

Knowing your blood pressure numbers and how they compare to your blood pressure target will help you when you talk to your doctor or health care provider. You are the most important member of your health care team.

What should my blood pressure target be?

Most people	Less than 140/90 mmHg
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Some people with diabetes	Less than 130/80 mmHg
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Your physician and health care team will advise you on your target blood pressure.

- The only way you will know if you have high blood pressure is to check it regularly.
- Ask your doctor or health care professional for a

My Blood Pressure

card to record your readings.



For more information on...

Activity

- ▶ www.walkaboutns.ca
- ▶ www.phac-aspc.gc.ca
- ▶ www.heartandstrokedirectory.ns.ca

Blood Pressure

- ▶ www.hypertension.ca
- ▶ www.heartandstroke.ca/actionplan

Diet

- ▶ www.dietitians.ca
- ▶ www.healthcanada.gc.ca
- ▶ www.sodium101.ca
- ▶ www.freshcannedfrozen.com
- ▶ www.dashdiet.org

Coping with Stress

- ▶ www.cmha.ca

Quitting Smoking

- ▶ Smokers Help Line: 1-877-513-5333
- ▶ www.smokershelpline.ca
- ▶ www.addictionservices.ns.ca

If you have questions or concerns about your blood pressure and how to control it, talk to your doctor, health care professional, or call **NS HealthLink 811**.

03 2014

I have my blood pressure checked.

Do YOU?

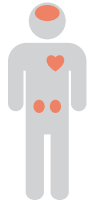


Come on Nova Scotia...

Check it!

Why worry about my blood pressure?

High blood pressure hurts your:



- **Brain** (risk of stroke)
- **Heart** (risk of heart attack)
- **Kidneys** (risk of kidney failure)

Because there are often no warning signs or symptoms, high blood pressure is called the **Silent Killer**. Many people do not know they have a blood pressure problem.

How can I reduce my risk of high blood pressure?



- Be more active.
Get 30 to 60 minutes of physical activity most days of the week.



- Eat more fresh vegetables and fruit.
Use low fat milk products.
Eat whole grain breads and cereals and lean meats, fish, and poultry.



- If you are overweight, losing as little as 10 to 20 pounds will make a big difference.

- If you smoke, quit.



- Always take your medications as directed by your doctor. 
- Manage or reduce stress in your life. 
- Limit your use of alcohol to no more than 1 to 2 drinks a day. 
- Use less salt (sodium) on foods, and avoid foods high in sodium by reading food labels.

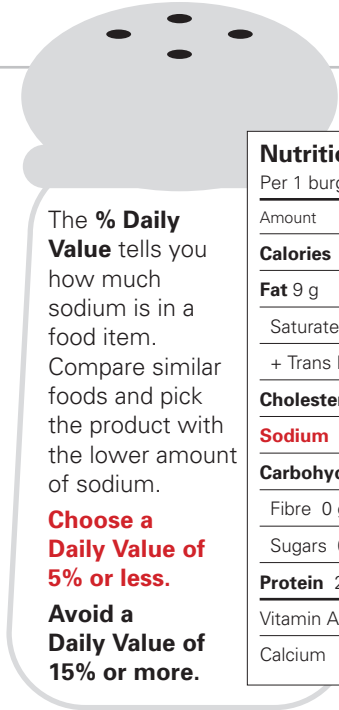
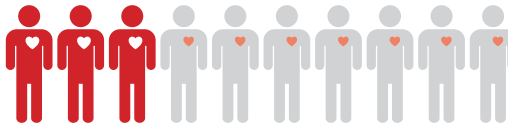
What is high blood pressure?

Blood Pressure is the force that pushes blood through your blood vessels. This force is necessary to make blood flow, delivering oxygen and nutrients to the body.

Hypertension is blood pressure that is above the normal range. Over time, high blood pressure damages the blood vessels. Once hypertension develops, it usually lasts for life. Making lifestyle changes is an important part of prevention and management of hypertension.

In Nova Scotia,

almost 30 percent of adults have hypertension. Higher rates of hypertension are found in older Canadians, persons with diabetes, and persons of First Nations/Aboriginal, African, Hispanic and South Asian descent.



The **% Daily Value** tells you how much sodium is in a food item. Compare similar foods and pick the product with the lower amount of sodium.

Choose a Daily Value of 5% or less.

Avoid a Daily Value of 15% or more.

Nutrition Facts	
Per 1 burger: (130 g)	
Amount	% Daily Value
Calories 200	
Fat 9 g	14 %
Saturated Fat 2 g	
+ Trans Fat 1 g	15 %
Cholesterol 70 g	
Sodium 800 mg	33 %
Carbohydrate 4 g	1 %
Fibre 0 g	0 %
Sugars 0 g	
Protein 25 g	
Vitamin A 0 %	Vitamin C 0 %
Calcium 4 %	Iron 2 %