

## Why measure and record my blood pressure?

Knowing your blood pressure numbers 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**

Most people with Diabetes or Kidney Disease **Less than 130/80 mmHg**

## Your doctor and health care team will help you with 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.

**My Blood Pressure I'm checking it!**

Name: \_\_\_\_\_

## For more information on...

### Activity

- [www.walkaboutns.ca](http://www.walkaboutns.ca)
- [www.phac-aspc.gc.ca](http://www.phac-aspc.gc.ca)
- [www.heartandstrokedirectory.ns.ca](http://www.heartandstrokedirectory.ns.ca)

### Blood Pressure

- [www.hypertension.ca](http://www.hypertension.ca)
- [www.heartandstroke.com](http://www.heartandstroke.com)  
(see Multicultural Resources, First Nations, Inuit and Métis Resources)

### Diet

- [www.dietitians.ca](http://www.dietitians.ca)
- [www.healthcanada.gc.ca/nutrition](http://www.healthcanada.gc.ca/nutrition)
- [www.lowersodium.ca](http://www.lowersodium.ca)
- [www.sodium101.ca](http://www.sodium101.ca)
- [www.freshcannedfrozen.com](http://www.freshcannedfrozen.com)
- [www.dashdiet.org](http://www.dashdiet.org)
- [www.nada.ca](http://www.nada.ca)  
(National Aboriginal Diabetes Association, Diabetes/Health Eating Tips)

### Coping with Stress

- [www.cmha.ca](http://www.cmha.ca)

### Quitting Smoking

- Smokers Help Line: 1-877-513-5333
- [www.smokershelpline.ca](http://www.smokershelpline.ca)
- [www.addictionservices.ns.ca](http://www.addictionservices.ns.ca)
- [www.tobacowise.com](http://www.tobacowise.com)

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.**

I have my **blood pressure** checked.

**Do YOU?**



**My Blood Pressure I'm checking it!**

Name: *P.M.*

Nov 10/10	128/85	Dr. office
Feb 11/11	125/80	Dr. office
May 7/11	127/81	Dr. office
	/	
	/	
	/	
	/	
	/	

Come on **Mi'kma'ki...**

**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.

## What is high blood pressure?

**Blood pressure** is the force that pushes blood through your body. 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.

## How can I reduce my risk of high blood pressure?



- Get outside. 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/wild meats, fish and chicken.



- 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. Avoid foods high in sodium such as take out foods and by reading food labels.

### 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
<b>Calories</b> 200	
<b>Fat</b> 9 g	14 %
Saturated Fat 2 g	
+ Trans Fat 1 g	15 %
<b>Cholesterol</b> 70 g	
<b>Sodium</b> 800 mg	33 %
<b>Carbohydrate</b> 4 g	1 %
Fibre 0 g	0 %
Sugars 0 g	
<b>Protein</b> 25 g	
Vitamin A 0 %	Vitamin C 0 %
Calcium 4 %	Iron 2 %