

DO YOU KNOW YOUR NUMBERS?

Hypertension is the single most significant risk factor for heart disease. Uncontrolled high blood pressure can injure or kill you. It's sometimes called "the silent killer" because it has no symptoms. One in three adults has high blood pressure, yet, about 21% don't even know they have it. Of those with high blood pressure, 69% are receiving treatment; yet, only 45% have their blood pressure controlled.

See me to get your **FREE** blood pressure check any Thursday!
You can also see the "**NURSE OF THE DAY**" any day between
3:30 p.m. and 4:30 p.m. ☺

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Normal Blood Pressure	<120 (systolic) and <80 (diastolic)
Prehypertension	120-139 (systolic) and /or 80-89 (diastolic)
Stage 1 Hypertension	140-159 (systolic) and/or 90-99 (diastolic)
Stage 2 Hypertension	160-180 (systolic) and/or 100-110 (diastolic)
Alert High Hypertension	>180 (systolic) and/or >110 (diastolic)