

The Silent Journey[®]

Understanding Blood Pressure Readings

The only way to tell if you have High Blood Pressure is to check your blood pressure. Reading a blood pressure chart starts with understanding the difference between your systolic number and diastolic number. Systolic is the upper number of your blood pressure reading. Diastolic is the lower number in your blood pressure reading.

Taking Your Blood Pressure

There are several ways to take your blood pressure. Buy a personal blood pressure monitor for home use or go to your nearest pharmacy. Most of your name brand pharmacies have blood pressure monitors.

For more information, follow this link to Million Hearts site.

https://millionhearts.hhs.gov/files/MH_SMBP.pdf

Blood Pressure Categories



BLOOD PRESSURE CATEGORY	SYSTOLIC mm Hg (upper number)		DIASTOLIC mm Hg (lower 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
HYPERTENSIVE CRISIS (consult your doctor immediately)	HIGHER THAN 180	and/or	HIGHER THAN 120

What Is High Blood Pressure

According to the CDC, blood pressure is the force of blood against your artery walls as it circulates through your body. Blood pressure normally rises and falls throughout the day, but it can cause health problems if it stays high for a long time.*

What Are the Symptoms of High Blood Pressure

The “silent killer” term is often attributed to high blood pressure, because it typically has no symptoms or warning signs. A lot of people have no idea that they have high blood pressure. That’s why it’s essential for people to check the blood pressure on a regular basis.



Use :30bp to Track and Log Your Blood Pressure Readings.

How Can You Reduce Your Risk

There are many ways to keep your blood pressure in a healthy range—

- Check your blood pressure regularly.
- Eat a healthy diet.
- Maintain a healthy weight.
- Be physically active.
- Limit alcohol use.
- Don’t smoke.
- Prevent or treat diabetes.**

Healthy Living Habits

To keep your blood pressure in a healthy range, exercise and strive to live a healthy lifestyle. This will help to lower your risk of heart disease and stroke. A healthy lifestyle includes:

- Eating a healthy diet.
- Sustain a healthy weight.
- Exercise on a regular basis..
- Do not smoke.

Signs and Symptoms of High Blood Pressure

High blood pressure is called the “silent killer” because it often has no warning signs or symptoms, and many people do not know they have it.

Rarely, high blood pressure can cause symptoms like headaches or vomiting.

There’s only one way to know whether you have high blood pressure—have a doctor or other health professional measure it. Measuring your blood pressure is quick and painless.



Reginald Flake
CMO-32nd Street Media, LLC

“God is not done with you yet!”

My BP Journey: From Diagnosis to Bypass

It all started one ominous morning around 4AM. I was awoken by a slight cough and an ache in my chest. I have this thing about not self-diagnosing myself. So I got out of bed and heard my wife say, “where are you going?” I looked at her and said, “I’m going to the emergency room.”

I will never forget what the nurse told me after she took my vital signs. She said, your blood pressure is 200 over 95. That nurse might as well said hello in French, because that’s how much I understood about blood pressure readings. Then she looked up at me and said, “you are a ticking time bomb.” That statement got my attention. It also began my journey with high blood pressure. By the way, I was only 32 years-old.

That year, 1990, began my mission with high blood pressure. My doctor at the time was an older gentleman. The only advice he gave me was to expect to be on pills the rest of my life. If only I knew then that exercise and healthy eating was the ticket to redemption and healthy living.

Fast forward 18 years, I’m hanging out with a friend of mine. We decided to look at a home that was for sale. We walked up a very steep driveway. I felt a funny feeling that I have never felt before. Nothing bad, just strange to me. We looked around the outside of the house but my mind is on returning home. My thoughts were focused on this strange feeling.

I get home, I call my wife and tell her I need to go to the emergency room. Once there, they analyzed my blood and the doctor said, “you had a heart attack, how do you feel?” I started shaking and they gave me a sedative.

The next morning, as I lay in the hospital bed, a surgeon came in. His opening line was, “God’s not done with you yet.” I asked him if he is a Christian. He says yes. I don’t let anybody ask me that without reason. He said, “if you hadn’t come to the hospital last night, you would be dead this morning. Your arteries are 70-90% blocked. The next day I had quadruple by-pass surgery. I often think back to that morning 18 years ago. If I only knew.