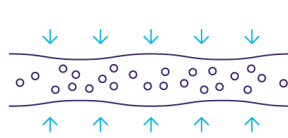


A whole-person guide to hypertension

What is hypertension?

Hypertension is commonly known as **high blood pressure**. When your blood pressure is **130/80 or higher**, your doctor may diagnose you with hypertension.

When the force of your blood through your blood vessels is too high, **your heart must work harder to do its job.**



What parts of the body does it affect?

Because your blood vessels bring blood to your whole body, high blood pressure can **impact many organs and systems.**



Heart



Brain



Eyes



Kidneys

How do you manage hypertension?



150 minutes of
exercise weekly



Manage other
chronic conditions
you may have



Manage stress



Eat a heart healthy
diet



Monitor your blood
pressure



Stay hydrated



Take your meds as
prescribed