

HIGH BLOOD PRESSURE ARE YOU AT RISK?

#1 RISK FACTOR FOR STROKE AND A MAJOR RISK FACTOR FOR HEART DISEASE[†]

What is high blood pressure, or hypertension?
Blood pressure is the force of your blood pushing against the inside walls of your arteries. Systolic blood pressure, or the top number, represents the amount of pressure in your artery walls when your heart pushes blood out to your body. Diastolic blood pressure is the amount of pressure in your arteries as your heart relaxes and refills with blood between every heartbeat.[†]



Hypertension is called “the silent killer” because most people do not feel any symptoms. This disease affects people of all ages and walks of life. Chronic, untreated high blood pressure can cause many serious health issues.[†]

CAUSES OF HYPERTENSION

Lack of exercise
Family history
Tobacco use
Alcohol use
Caffeine intake
Too much salt
Obesity

Sleep apnea
Diabetes
High cholesterol
Thyroid problems
Kidney disease
Chronic stress
Pregnancy

KNOW YOUR NUMBERS

140+
90+

HIGH RISK

If your numbers are in the 140+/90+ range, you should seek advice from your physician immediately. Remember, diabetics are considered “high risk” if their blood pressure reading is 130/80. Act now—get your numbers back under control.[†]

139
89

MODERATE RISK

If your numbers are between 121/80 and 139/89, you’re considered pre-hypertensive. Your physician will want you to take this seriously. While you cannot change your hereditary factors, you can make lifestyle changes that can lower your risk factors.[†]

121
80

120
80

LOW RISK

Low-risk blood pressure is considered 120/80 or lower. Even if your blood pressure is normal today, it is wise to monitor it regularly because it can change quickly. If your numbers start to rise, follow the advice below to adjust your lifestyle.[†]

Source: Heart and Stroke Foundation of Canada

THE ART OF CHECKING YOUR BLOOD PRESSURE

CHECK YOUR BLOOD PRESSURE REGULARLY

Owning an at-home blood pressure monitor is convenient and will encourage you to take your readings more regularly

AVOID CAFFEINE AND TOBACCO 30 MINUTES BEFORE READINGS

Caffeine and tobacco products will affect your blood pressure reading.

RELAX FOR 5 MINUTES BEFORE TAKING A READING

Your reading will be more precise when you are relaxed.

REMAIN SILENT WHILE TAKING YOUR PRESSURE

Talking raises your blood pressure.

WAIT 1 MINUTE, THEN TAKE IT AGAIN

Once you have a second set of numbers, write them down or upload them to a blood pressure app.

MONITOR YOUR BLOOD PRESSURE FOR 7 DAYS

If your blood pressure is within normal range, it’s good practice to check it for seven days, twice daily. Do this for one week before seeing your physician, and then share your numbers with him or her.

ADVICE IF YOU’RE HYPERTENSIVE



Monitor your blood pressure at home 2x daily



Take your medication as directed



Eat less salt



If you smoke or chew tobacco, quit



If you drink alcohol, drink less



Stay active with exercise



Eat foods that are high in potassium



Follow a healthy, balanced diet with plenty of fresh vegetables and fruit



Manage your stress



Aim for a healthy weight



Talk to your doctor before making any lifestyle changes

Source: Heart and Stroke Foundation of Canada

QUESTIONS ABOUT BLOOD PRESSURE?

**TALK TO YOUR
PHARMACIST**



OMRON is the #1 doctor and pharmacist recommended brand.^{††}

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[†] Heart and Stroke Foundation of Canada

^{††} The Medical Post, Pharmacy Practice+ Business and Profession Santé 2018 Survey on OTC Counselling and Recommendations