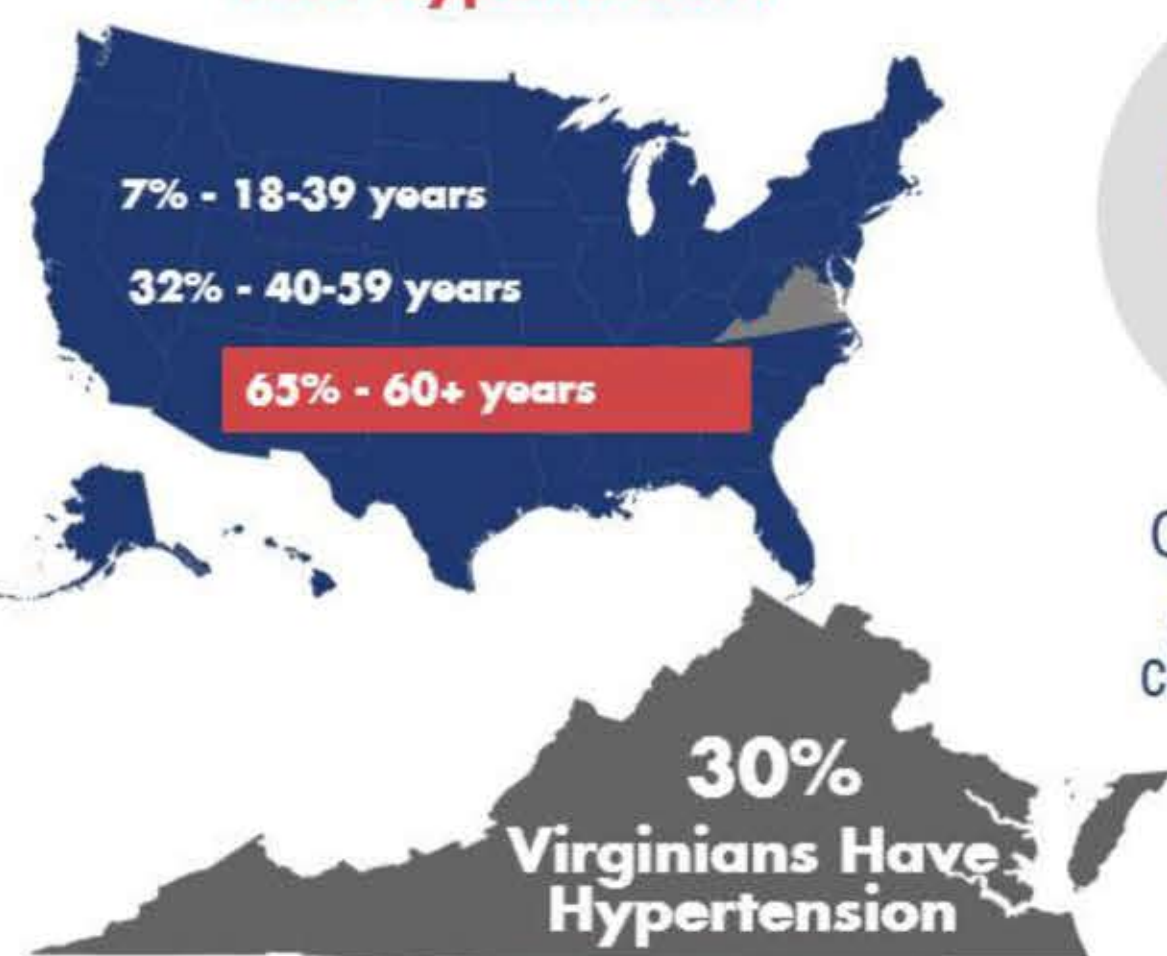




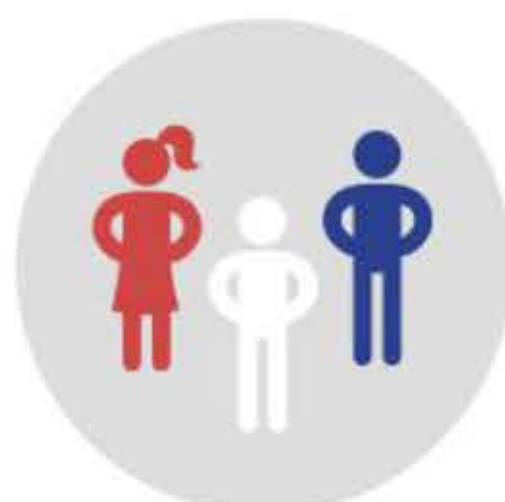
# 4 Things You Better Know About YOUR Blood Pressure

## 1 Facts About High Blood Pressure

Percentage of Americans with Hypertension



Over 1.9 million individuals

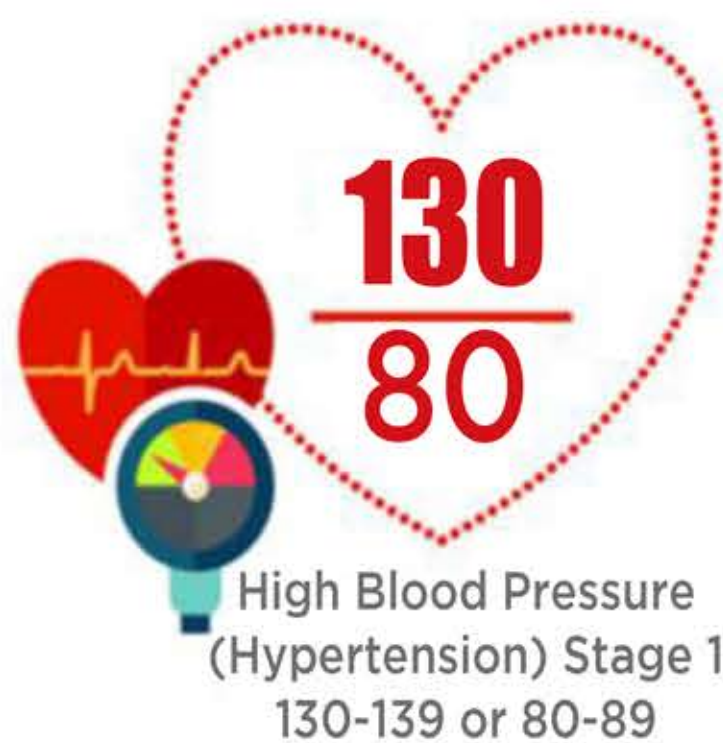


**1 IN 3** AMERICANS ARE LIVING WITH HBP TODAY

Of the nearly 80M Adults with HBP close to HALF are not controlled

**1,000 DEATHS A YEAR**

## 2 What is High Blood Pressure?



The top number (systolic) matters most; it measures the force at the moment the heart beats, pumping blood throughout the body.

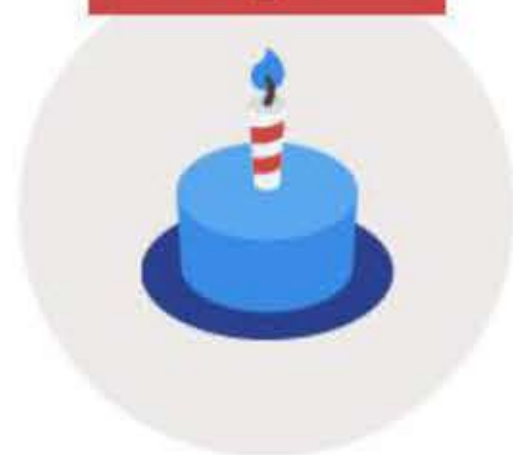
The bottom number (diastolic) blood pressure, measures the pressure in your blood vessels when your heart rests between beats.

When pressure increases, it can damage your kidneys, eyes, brain, even the lining of blood vessels and cause a stroke or heart attack.

Ask Your Doctor What Number is Right For You.

## 3 What Increases Blood Pressure?

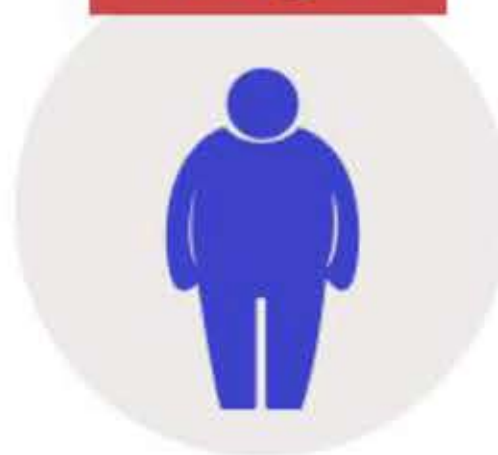
Age



**55+ Years Old**

The upper number increases starting at age 40.

Weight



**Loose the Pounds**

Dropping just 11 pounds can shave off more than 4 points

Stress



**Learn Ways to Relax**

Blood pressure spikes just because you're having it measured.

## 4 Control Your Blood Pressure

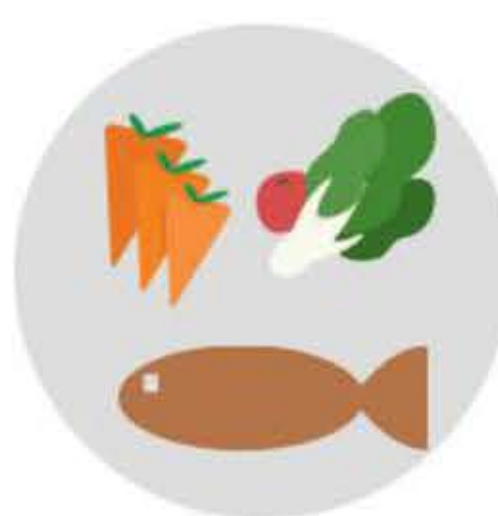
Better BP Control = Reduces Risk of Illness

Three Steps To Lowering Your Blood Pressure

**NORMAL**  
**< 120**  
**< 80**

**Monitor Your Blood Pressure**

Top Number: less than 120 mmHg  
Bottom Number: less than 80mmHg



**Eat Healthy**

Eat a variety of natural foods with reasonable portions.



**Manage Stress**

Find ways to calm your thoughts by practicing slow breathing or meditating