

# HIGH BLOOD PRESSURE (HBP) HYPERTENSION

*Protect Yourself and Your Baby*



**High blood pressure** is a condition when the **blood** flowing through your veins is consistently high and **puts increased pressure** on the walls of your arteries. If your blood pressure is high, your heart needs to work harder to support your body and organs.

**Black women** disproportionately experience hypertension, and it can cause **problems during and after pregnancy**. It is important to have your blood pressure checked during your doctor's visit, know your normal blood pressure, and follow your doctor's recommendation.

**High blood pressure can cause preeclampsia**, a serious condition during pregnancy. Women with preeclampsia are more likely to have a low-birth-weight baby or experience preterm birth. It is important to follow your doctors' recommendations about how to control your blood pressure.

**How do you know if you have high blood pressure?** It may be difficult to determine if you have high blood pressure, because it may not have signs or symptoms. That's why regularly checking your blood pressure is a good way to determine if you have high blood.

## BLOOD PRESSURE CHART:

**Normal pressure:** Below 120/80

**Elevated:** 120-129 and below 80

**High blood pressure-stage 1:** 130 – 139 or 80-89

**High blood pressure-stage 2:** 140 or higher or 90 or higher

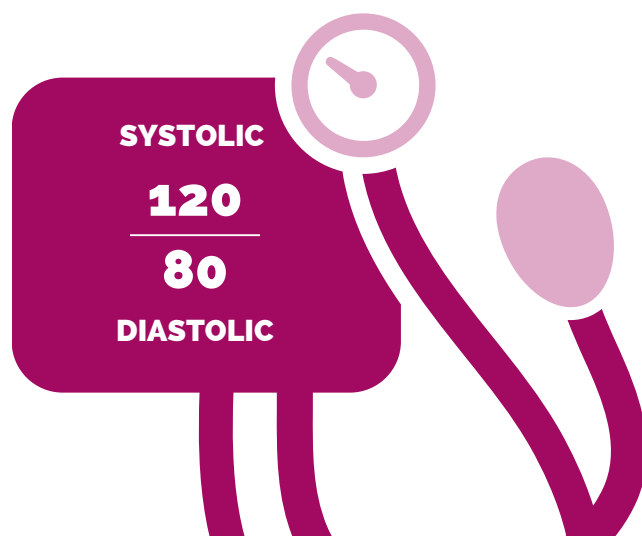
**Crisis:** higher than 180 and or higher than 120

## How to interpret **your results?**

Blood pressure results are given using the following format systolic/diastolic (for example, 120/80).

**The top number is the systolic reading.** It is the pressure in your arteries when your heartbeats.

**The bottom number or, diastolic pressure,** is the pressure when your heart relaxes between two beats.



## What can I do to **decrease my chances of having high blood pressure?**

- **Exercise for at least 30 minutes.** Find an exercise that you enjoy, but also increases your heart rate. Find something that you enjoy! And remember, safety first and your own needs, make sure you are in safe surroundings!
- **Avoid high sodium diet,** try to increase your vegetable and fruit intake.
- **Alcohol** may increase your blood pressure
- **Take your medications** as prescribed by your provider
- **Smoking can be a contributing factor** to high blood pressure. If you need help with quitting, you may use these resources: Kickitca.org or call 1-800-QUIT-NOW, for free support
- Try to find out information about your **family health history**

One way for your provider to know your normal blood pressure is to regularly **use your blood pressure home monitor** – Keeping a record and sharing it with your doctor can be useful information.

## HOW TO USE YOUR BLOOD PRESSURE MONITOR :

*This how to use guide is written for the **MMIZO Blood Pressure Monitor***

1. Open the case and place your AAA batteries in the battery slot.
2. Keep legs and feet uncrossed and relax your wrist on a flat surface. Keep the monitor at heart level. Do not rest your wrist lower than your upper torso.
3. Make sure to use the restroom and relax 5-10 minutes and remove long sleeves.
4. Uncross your legs and push the on/off button, sit quietly until the device speaks your blood pressure reading.
5. The device will tell you if your blood pressure is normal or abnormal.
6. If you get an abnormal reading, use the chart to determine if your blood pressure is too high or too low.
7. Write down your numbers and date and save for your next doctor's visit.
5. The device will tell you if your blood pressure is normal or abnormal.

If you are pregnant and in need of an at home blood pressure monitor, submit a request. Supply availability may change.

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