Hypertension/Stroke Campaign

Why does hypertension matter?

• Untreated high blood pressure can damage the arteries, heart, and other organs leading to the following possible health conditions:
  - Heart attack, heart disease, congestive heart failure
  - Stroke
  - Aneurysm
  - Kidney damage
  - Vision loss
  - Memory loss
## HYPERTENSION & STROKE
### WHAT’S IT ALL ABOUT?

<table>
<thead>
<tr>
<th>Blood Pressure Category</th>
<th>Systolic mm Hg (upper #)</th>
<th>and</th>
<th>Diastolic mm Hg (lower #)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Normal</td>
<td>less than 120</td>
<td>and</td>
<td>less than 80</td>
</tr>
<tr>
<td>Hypertension</td>
<td>120 - 139</td>
<td>or</td>
<td>80 - 89</td>
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<tr>
<td>High Blood Pressure (Hypertension) Stage 1</td>
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</tbody>
</table>

**HYPERTENSION & STROKE**

**WHAT’S IT ALL ABOUT?**

- **Normal**
  - Systolic less than 120
  - Diastolic less than 80

- **Hypertension**
  - Systolic 120 - 139
  - Diastolic 80 - 89

- **High Blood Pressure (Hypertension) Stage 1**
  - Systolic 140 - 159
  - Diastolic 80 - 89

- **High Blood Pressure (Hypertension) Stage 2**
  - Systolic 160 or higher
  - Diastolic 80 - 89

- **Hypertensive Crisis (Emergency care needed)**
  - Systolic Higher than 180
  - Diastolic Higher than 110