



American
Heart
Association.

Small changes make a big difference

It's important to know about blood pressure
and how to keep it in the **healthy range**.

TYLENOL

Tylenol proudly supports the American Heart Association's efforts
to improve healthy choices related to living with high blood pressure.

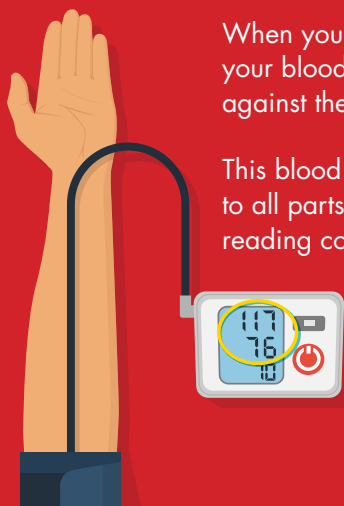
What Is Blood Pressure?

When your heart beats, it pumps blood into your blood vessels. This creates pressure against the blood vessel walls.

This blood pressure causes your blood to flow to all parts of your body. A blood pressure (BP) reading consists of two numbers.

Systolic BP = Larger (first) number

Diastolic BP = Smaller (second) number

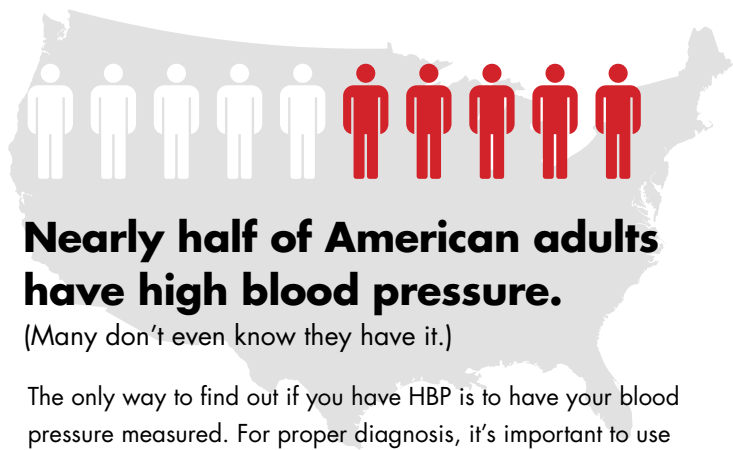
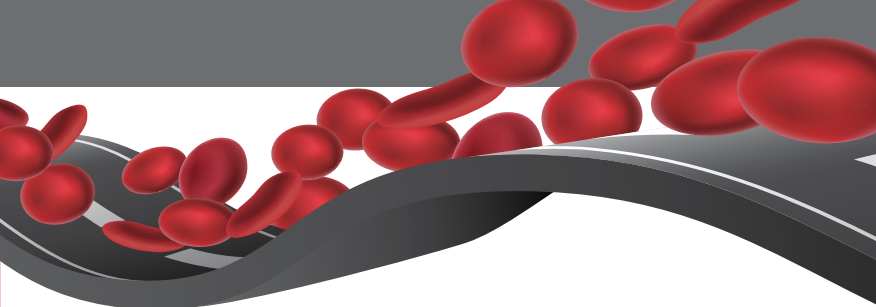


What Does It Mean to Have High Blood Pressure?

High blood pressure (HBP) is when your blood pressure is consistently too high.

Normal blood pressure is below 120/80 mm Hg.

BLOOD PRESSURE CATEGORY	SYSTOLIC mm Hg (upper number)		DIASTOLIC mm Hg (lower number)
NORMAL	LESS THAN 120	and	LESS THAN 80
ELEVATED	120 – 129	and	LESS THAN 80
HIGH BLOOD PRESSURE (HYPERTENSION) STAGE 1	130 – 139	or	80 – 89
HIGH BLOOD PRESSURE (HYPERTENSION) STAGE 2	140 OR HIGHER	or	90 OR HIGHER
HYPERTENSIVE CRISIS (consult your doctor immediately)	HIGHER THAN 180	and/or	HIGHER THAN 120



Nearly half of American adults have high blood pressure.

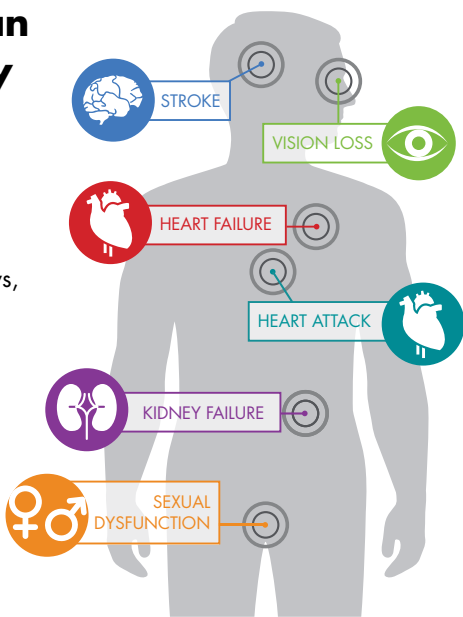
(Many don't even know they have it.)

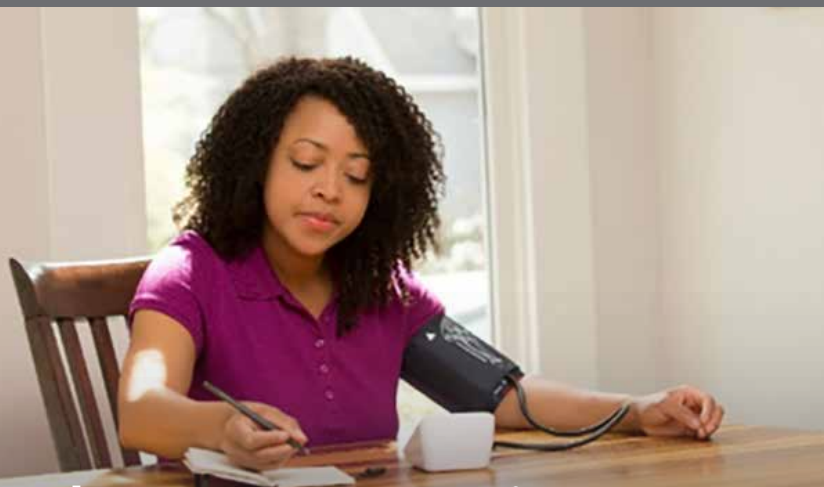
The only way to find out if you have HBP is to have your blood pressure measured. For proper diagnosis, it's important to use an average based on two or more readings obtained on two or more occasions. Your healthcare provider or local pharmacist can check it for you.

Having HBP can hurt your body in many ways

It adds to the workload of your heart and damages your arteries and organs (such as your brain, kidneys, heart and eyes) over time.

The effects of HBP can be prevented or reduced if it's treated early and kept under control.





What Can I Do to Monitor BP?

If you have HBP, home monitoring can help your healthcare provider determine whether treatments are working. Monitoring your BP at home is as easy as buying a BP cuff, using it correctly and tracking the numbers.



HBP monitors can be purchased in most pharmacies and online. An automatic, cuff-style, bicep (upper arm) monitor is recommended.

Ideally, you should measure and record your BP twice a day. Take at least two readings one minute apart in the morning before taking your medications and in the evening before dinner.

Use our Check. Change. Control.® Tracker (cctracker.com/aha), a free online tool to help you track and monitor blood pressure. Just find the campaign code on the map for your state and sign up.



It's important to understand how to take your blood pressure properly so that you receive a correct reading.

STEPS FOR ACCURATE BP MEASUREMENT

1

DON'T SMOKE, EXERCISE, DRINK CAFFEINATED BEVERAGES OR ALCOHOL WITHIN 30 MINUTES OF MEASUREMENT.

2

REST IN A CHAIR FOR AT LEAST 5 MINUTES WITH YOUR LEFT ARM RESTING COMFORTABLY ON A FLAT SURFACE AT HEART LEVEL. SIT CALMLY AND DON'T TALK.

3

MAKE SURE YOU'RE RELAXED. SIT STILL IN A CHAIR WITH YOUR FEET FLAT ON THE FLOOR WITH YOUR BACK STRAIGHT AND SUPPORTED.

6

TAKE AT LEAST TWO READINGS 1 MIN. APART IN MORNING BEFORE TAKING MEDICATIONS, AND IN EVENING BEFORE DINNER. RECORD ALL RESULTS.

5

USE PROPERLY CALIBRATED AND VALIDATED INSTRUMENT. CHECK THE CUFF SIZE AND FIT.

4

PLACE THE BOTTOM OF THE CUFF ABOVE THE BEND OF THE ELBOW. DON'T TAKE MEASUREMENT OVER CLOTHES.





Learn Which Substances Could Raise Your Blood Pressure

It is critical to understand what medications and substances may affect your blood pressure. Talk to your healthcare professional or pharmacist if you have any questions or concerns.

Examples include:

- Alcohol
- Amphetamines
- Antidepressants
- Caffeine
- Certain medicines to treat mental health
- Certain cancer medications, such as angiogenesis inhibitors
- Corticosteroids, such as prednisone
- Decongestants
- Herbal supplements
- Illicit and recreational drugs
- Immunosuppressants
- Non-Steroidal Anti-Inflammatory Drugs (NSAIDs)
- Oral birth control

If you suffer from chronic pain and have HBP, talk to your healthcare provider or pharmacist if you have questions about what pain relievers may be right for you. The American Heart Association recommends avoiding NSAIDs for over-the-counter pain relief for those with HBP because they may further elevate blood pressure or make your BP medication less effective. Instead, consider pain relievers such as acetaminophen.

Download a printable infographic at heart.org/BPTools to help easily identify potential BP Raisers.

Even Small Changes Will Make a Big Difference

You can manage your blood pressure and keep it in check, by:



not smoking, vaping or using tobacco products



eating a heart-healthy diet



reaching and maintaining a healthy weight



getting regular physical activity



limiting your sodium (salt)



limiting your alcohol intake



taking your medications properly

Take these small steps to big changes. Start with one or two. Learn more at [heart.org/mylifecheck](https://www.heart.org/mylifecheck).





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It's a Team Effort

It takes a team to treat your high blood pressure successfully. You and your healthcare providers need to work together.

Be your own health advocate by following a healthy lifestyle, such as reducing sodium, exercising and checking blood pressure as part of your daily routine.

Remind yourself that as long as you and your team of healthcare providers work together, you **CAN** manage your blood pressure. Work with your team to create an exercise, diet and medication plan that's right for you.

Visit heart.org/BPTools for more information.

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