

PRINCE GEORGE'S COUNTY, MD. FIRE / EMS DEPARTMENT



TIPsheet

HYPERTENSION AND A HEALTHY HEART

NEED ADDITIONAL INFORMATION? PLEASE CONTACT THE
PGFD/EMS COMMUNITY OUTREACH OFFICE AT 301-883-5250



Understanding High Blood Pressure (Hypertension) and the Numbers...

The Prince George's County Fire and Emergency Medical Services (EMS) Department responds to thousands of calls each year dealing with a variety of medical emergencies. One of our number 1 calls is for Hypertension or commonly sometimes called High Blood Pressure. Blood Pressure is the pressure of blood in your arteries. The higher your blood pressure the greater your risk of developing narrowed arteries which can lead to heart problems, kidney disease and strokes.

The good news is that if your blood pressure is high, it can be lowered by making changes to your lifestyle, for example changing your diet, exercising and losing weight, and when needed, with tablets.

Your heart pumps blood around your body through a network of tubing called arteries. Every time your heart pumps it forces blood through these arteries and into smaller blood vessels called capillaries.

The force that your heart produces in your arteries when it pumps is called your blood pressure.

Below is a chart to further explain and understand the differences between the 4 stages of High Blood Pressure...

NORMAL BLOOD PRESSURE – Your blood pressure is normal if it's below 120/80 mm Hg — but some data indicate that 115/75 mm Hg should be the gold standard. Once blood pressure rises above 115/75 mm Hg, the risk of cardiovascular disease begins to increase.

Top number (systolic)		Bottom number (diastolic)	Your category
Below 120	and	Below 80	Normal Blood Pressure

WHAT TO DO...Maintain Or Adopt A Healthy Lifestyle.

PRE-HYPERTENSION – is a systolic pressure ranging from 120 to 139 or a diastolic pressure ranging from 80 to 89. Pre-hypertension tends to get worse over time.

Top number (systolic)		Bottom number (diastolic)	Your category
120-139	or	80-89	Prehypertension

WHAT TO DO...Maintain Or Adopt A Healthy Lifestyle.

Remember Always consult your doctor to

STAGE 1 HYPERTENSION – Systolic pressure ranging from 140 to 159 or diastolic pressure ranging from 90 to 99.

Top number (systolic)		Bottom number (diastolic)	Your category
140-159	or	90-99	Stage 1 Hypertension

WHAT TO DO...Maintain Or Adopt A Healthy Lifestyle. Prescription medication will be needed – Consult your doctor for more details.

STAGE 2 HYPERTENSION – The most severe, stage 2 hypertension is a systolic pressure of 160 or higher or a diastolic pressure of 100 or higher. Both numbers in a blood pressure reading are important. But after age 50 (most common type of high blood pressure), the systolic reading is even more significant. Isolated systolic hypertension (ISH) — when diastolic pressure is normal but systolic pressure is high.

Top number (systolic)		Bottom number (diastolic)	Your category
160 or more	or	100 or more	Stage 2 Hypertension

WHAT TO DO...Maintain Or Adopt A Healthy Lifestyle. Prescription medication will be needed – Consult your doctor for more details.