



KNOW YOUR NUMBERS

BLOOD PRESSURE

It is estimated that one in three American adults has high blood pressure (or hypertension). High blood pressure is a major risk factor for developing heart disease, a stroke, congestive heart failure and kidney disease.

$\frac{120}{80}$ or less—NORMAL

$\frac{120}{80}$ to $\frac{139}{89}$ — PRE-HYPERTENSION

$\frac{140}{90}$ or more—HIGH BLOOD PRESSURE