Hypertension Explained:

HEART Initiative

WHAT IS A HEALTHY BLOOD PRESSURE?

For most adults:

BELOW

130 / 80

mmHg



Your doctor may recommend a different goal based on your health.

WHAT DO THE NUMBERS MEAN?

Top number (Systolic):
Pressure when your heart beats.

Bottom number (Diastolic):
Pressure when your heart rests.

EXAMPLE: 120 / 80 mmHg

WHY IS HIGH BLOOD PRESSURE DANGEROUS?

High blood pressure can:

- Increase risk of **stroke**
- Increase risk of **heart attack**
- Cause **kidney disease**
- Contribute to **memory loss** and **dementia**

CALL 911 IMMEDIATELY IF YOU HAVE:

- Chest pain
- Severe headache
- Trouble breathing
- Vision changes
- Sudden weakness

NEED A PRIMARY CARE DOCTOR?

If your blood pressure is high and you do not have a primary care provider, contact:

OSF HealthCare
OSF (24/7 Nurse Line):
(888) 627-5673

Carle
Carle Patient Support:
(217) 326-4001

Methodist Hospital
Methodist Main Hospital:
(309) 672-5522

Know your numbers. Protect your heart. Live well.