

August 2024
Community Dining
 716-438-4020

Published by the Niagara County Office for the Aging
 111 Main Street Lockport NY 14094



Understanding Blood Pressure

Hypertension, or high blood pressure can increase your risk for heart attack and stroke. Measuring your blood pressure is the only way to diagnose hypertension, with the most reliable method being a monitor with a cuff used by a medical professional. Many pharmacies and stores also have blood pressure devices for public use. Only a medical professional can officially confirm hypertension.

B.P. Category	Systolic (Upper Number)	and/or	Diastolic (Lower Number)
Normal	Less than 120	and	Less than 80
Elevated	120-129	and	Less than 80
Hypertension Stage 1	130-139	or	80-89
Hypertension Stage 2	140 or higher	or	90 or higher
Hypertensive Crisis (<i>call doctor immediately</i>)	Higher than 180	and/or	Higher than 120

*American Heart Association (heart.org/bplevels)

- **Normal**- keep up the good work! Exercise and a balanced diet are part of a healthy lifestyle.
- **Elevated**-visit your doctor for routine checkups and consult your healthcare team for preventative measures to control your blood pressure
- **Stage 1**-your doctor may prescribe medication and lifestyle changes. It is recommended to consult a registered dietitian as well to discuss healthy lifestyle changes to lower your blood pressure
- **Stage 2**- it is likely you will be prescribed medication by your healthcare professional. You are at an increased risk for heart attack and stroke, lifestyle changes should be made

Lifestyle Changes to Lower Your Blood Pressure

Get Up and Get Moving!- Regular physical activity can reduce your risk of hypertension. If you are looking for direction for your workouts, or looking to add something new to your routine, join a local gym or check out an exercise class at a local community center.

Cut Out the Unhealthy Habits- If you are at risk for hypertension avoid tobacco and limit your alcohol intake. Smoking and excessive alcohol intake are known to increase the risk of heart disease. Seek out a healthcare professional for help with cessation methods.

Change the Way You Eat.. For the Better!- The key to healthy eating is balance. Fad dieting and restrictive eating are not sustainable practices. Find what works for you! Balance is about proper portioning, including fruits and vegetables with every meal and snack, and limiting unhealthy, processed foods to *once in a while*.

Use the link below for information on the DASH Diet
Dietary Approaches to Stop Hypertension
<https://www.nhlbi.nih.gov/education/dash-eating-plan>

Source: <https://www.heart.org/en/health-topics/high-blood-pressure/find-high-blood-pressure-tools--resources/blood-pressure-fact-sheets>
<https://www.eatright.org/health/health-conditions/cardiovascular-health-heart-disease-hypertension/hypertension-understanding-a-silent-killer>

Don't forget about HEAP!

If you applied for HEAP last year and received a regular HEAP benefit, Early Outreach Applications will be mailed out at the end of August and beginning of September. You are able to fill this application out and either mail in or drop off to the Department of Social Services before HEAP opens in November. So be on the lookout for your application!



National Fuel - for more information, or to see if you qualify, visit HEAPhelps.com or call 1-877-443-2743.