

# Prevent and Control High Blood Pressure:

## What you should know about preventing and controlling high blood pressure

High blood pressure (also called hypertension) increases your chances of having a heart attack, heart failure, stroke, kidney disease, and other life-threatening illnesses. Anyone can get it, and as you get older, the likelihood of your developing high blood pressure increases. If you are overweight or obese or if you have diabetes, the odds are even higher.

### KNOW YOUR NUMBERS

High blood pressure is called “THE SILENT KILLER” because there are often no symptoms. Your numbers are your only warning.

#### Normal blood pressure

The pressure of blood in the vessels when the heart beats:

**systolic pressure**

120/80 mmHg

millimeters of mercury

The pressure between beats when the heart relaxes:

**diastolic pressure**



#### High blood pressure

140/90 mmHg or higher

#### Prehypertension

120/139 and/or  
80-89 mmHg

#### Normal blood pressure

less than 120/80 mmHg

If you want to learn more about high blood pressure, contact your doctor or make an appointment with one of our cardiologists by calling **866-HEART-03**. Or visit [heart.URMC.edu](http://heart.URMC.edu)