

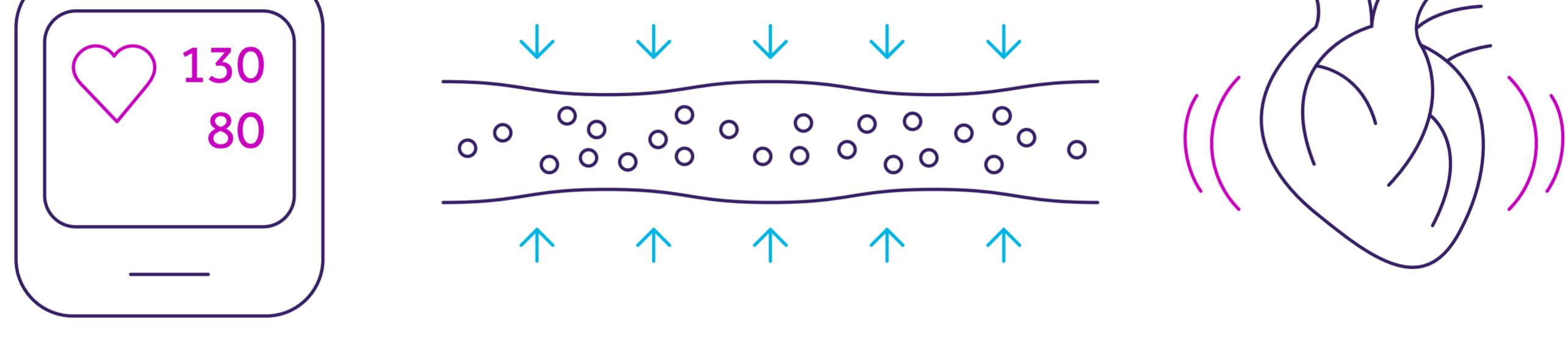


# A whole-person guide to hypertension

## What is hypertension?

Hypertension is commonly known as **high blood** pressure. When your blood pressure is **130/80** or higher, your doctor may diagnose you with hypertension.

When the force of your blood through your blood vessels is too high,  
**your heart must work harder to do its job.**



## What parts of the body does it affect?

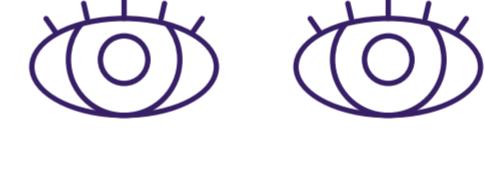
Because your blood vessels bring blood to your whole body, high blood pressure can **impact many organs and systems**.



Heart



Brain



Eyes

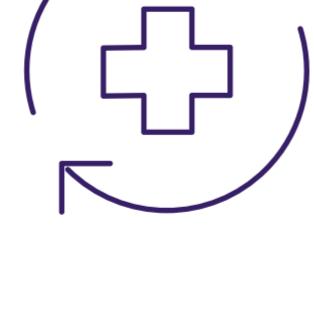


Kidneys

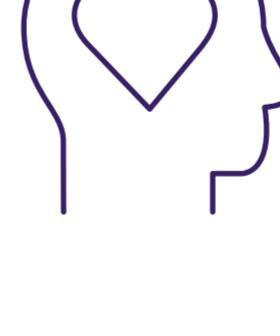
## How do you manage hypertension?



150 minutes of exercise weekly



Manage other chronic conditions you may have



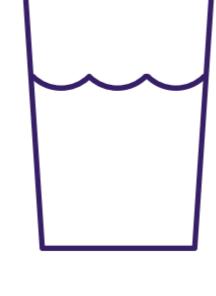
Manage stress



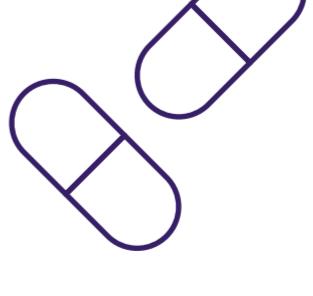
Eat a heart healthy diet



Monitor your blood pressure



Stay hydrated



Take your meds as prescribed