

Test Patient
April 2015

What is High Blood Pressure?

High blood pressure, also called hypertension, occurs when the pressure inside your arteries is higher than it should be. One in three American adults has high blood pressure, and if it is not controlled, it can cause damage to your eyes, brain, heart, blood vessels and kidneys; as a result, high blood pressure is a leading cause of heart attack and stroke. High blood pressure has no warning signs or symptoms, so monitoring your blood pressure readings and getting it under control is very important to your health and well-being.

Your Results

Excellent 😊

Systolic

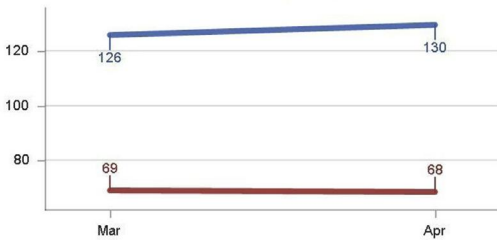


Diastolic



Your Progress

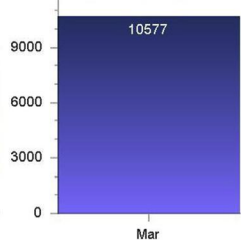
Blood Pressure (mmHg)



Weight (lbs)



Steps (daily avg)



Your Risk

With your current medical conditions, the 10 year estimated risk of heart attack and stroke is:



You can reduce your risk to:

- <1% if your systolic blood pressure was 120 mm/Hg
- <1% + if your total cholesterol was below 160 mg/dL
- <1% + if your HDL cholesterol was at least 60 mg/dL

Try these physical activities to reduce your blood pressure:

- Take a 10-15 minute walk each day.
- Walk to a restaurant with low-fat, low-cholesterol options for lunch.



Did you know that the more alcohol you drink, the higher your blood pressure? The good news is that by reducing your alcohol intake, ideally to less than 2 alcoholic drinks per day, you can effectively lower blood pressure.