



## MANAGING YOUR HIGH BLOOD PRESSURE

If you are diagnosed with high blood pressure, there are things you can do to manage it, even without medication. Lifestyle changes—including the simple act of monitoring your own blood pressure on a regular basis—can play an important role in managing your high blood pressure.

**The Y can help.**

The YMCA's Blood Pressure Self-Monitoring Program is an evidence-based program that features personalized support as you develop the habit of monitoring your blood pressure. Research shows that checking and recording your blood pressure at least twice a month over a period of four months may lower blood pressure in many people with high blood pressure.

### Marion Family YMCA Office Hours

Mondays 11:00 am – 1:00 pm  
Wednesdays 5:30 pm – 7:00 pm  
Nutrition seminars – 3<sup>rd</sup> Tuesday of the month 6:00 – 7:00 pm

**Current sessions (rolling enrollment-join any time!):**  
Marion Family YMCA Member \$20  
Non-member \$35  
Blood Pressure Cuff, if needed, for purchase \$30.  
The session runs for 4 months

For more information about the program:

Marion Family YMCA  
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Marion, OH 43302  
740-725-9622  
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[www.marionfamilyymca.org](http://www.marionfamilyymca.org)



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## TAKE ACTION TO IMPROVE HEART HEALTH

Blood Pressure Self-Monitoring Program

Marion Family YMCA



## DID YOU KNOW

- One out of every three adults has high blood pressure—more than 68 million people?
- Only about half of people with high blood pressure know they have it?
- High blood pressure contributes to or

Blood pressure is the force of blood pumping against your arteries. High blood pressure, often called hypertension, occurs when the force of this pressure is damaging to the arteries. You could say the damage is done quietly, as most of the time high blood pressure has no obvious symptoms.

### There are plenty of reasons to check your blood pressure:

- About 7 of every 10 people having their first heart attack have high blood pressure.<sup>1</sup>
- About 8 of every 10 people having their first stroke have high blood pressure.<sup>1</sup>

<sup>1</sup>AMERICAN HEART ASSOCIATION, "COMMON BLOOD PRESSURE MYTHS", [HTTP://WWW.HEART.ORG/HEARTORG/CONDITIONS/HIGHBLOODPRESSURE/ABOUTHIGHBLOODPRESSURE/MYTHS-ABOUT-HIGH-BLOOD-PRESSURE\\_UCM\\_430836\\_ARTICLE.JSP#.WTVFJMA1VIU](http://www.heart.org/heartorg/conditions/highbloodpressure/abouthighbloodpressure/myths-about-high-blood-pressure_ucm_430836_article.jsp#.WTVFJMA1VIU)



## WHAT YOU THOUGHT

Let's clear up some common misconceptions about high blood pressure:

### 1. "I don't feel like I have high blood pressure."

Because of its lack of obvious symptoms, high blood pressure is often called "the silent killer."

Don't think your body will somehow tell you your blood pressure is too high. Get your blood pressure checked regularly. High blood pressure can only be diagnosed by a health care provider.

### 2. "I'm too young to have high blood pressure."

Anyone can develop hypertension, even kids. Sometimes other factors, such as obesity, a sedentary lifestyle or a family history of high blood pressure, can also contribute to hypertension in younger patients. Have your children's blood pressure checked regularly, starting around age 3.

### 3. "I'm not at risk for developing high blood pressure."

Because of genetic, cultural, and lifestyle factors, certain groups are more at risk for hypertension (particularly Asian-Americans, African-Americans and Hispanics). Cultural influences in diet and attitudes toward self-care (in lieu of a physician), or limited access to health care services can

be factors that can prevent some groups from getting their blood pressure checked on a regular basis.

This is what American Heart Association recommends: if you are 20 years old or older you should have your blood pressure checked at least once every two years if your blood pressure is in the normal range (less than 120/80 mm Hg).

### 4. "I have a family history of high blood pressure, so there is nothing I can do to prevent it".

It's true that if high blood pressure runs in your family, you're more likely to develop it yourself.