

Connecting with the Community



Blood Pressure

Kit Carson County Health Service would like to remind you the importance of keeping your blood pressure under control. High blood pressure truly is sinister: You can have it but not know it until you suffer a heart attack, stroke or another serious health complication. Hence, its nickname: the silent killer.

Seeing your healthcare provider regularly is the best way to determine whether you have high blood pressure- or hypertension. Your healthcare provider will measure the force of blood in your arteries by looking at your systolic (the higher number) and diastolic (lower number) pressure. Elevated levels (140/90 mm Hg or more) indicate hypertension while numbers ranging from 120/80 to 139/89 point to prehypertension, a condition that puts you at risk for high blood pressure in the future.

Normal blood pressure is under 120/80. Although hypertension has no cure, you can take steps to control it and protect your health.



Eat a healthy diet

High-fat and sugary foods contribute to high blood pressure, so reach for foods from the DASH (Dietary Approaches to Stop Hypertension) diet. They include whole grains, fish, poultry, nuts, fruits and vegetables and low-fat and low-sodium foods.

Get moving

Aim for 30 minutes of cardiovascular activity most days of the week. If your' short on time, break up your workout into three 10-minute segments over the course of the day. Take a walk around the block, dance to your favorite CD or work out to an exercise DVD.

Take your meds

Sometimes medication is the only way to lower your blood pressure. Because hypertension drugs work only when they're regularly in your system, you should never miss a dose or stop taking them.

If you have questions or are unsure about your blood pressure numbers, please contact your local healthcare provider.