

**Figure 1. Blood Pressure Guidelines (resting conditions)**

Category	Systolic	Diastolic
Normal	Less than 120	Less than 80
Pre-hypertension	120-139	80-89
High Blood Pressure		
Stage 1	140-159	90-99
Stage 2	160 or higher	100 or higher

**What Lowers High Blood Pressure?**

- Don't smoke cigarettes or use any tobacco product
- Lose weight if you're overweight
- Exercise regularly
- Eat a healthy diet that includes lots of fruits and vegetables and is low in fat
- Limit your sodium, alcohol and caffeine intake
- Try relaxation techniques or biofeedback

Medications (see your doctor for specifics)

Diuretics: These drugs help your body get rid of extra sodium and fluid so that your blood vessels don't have to hold so much fluid

Beta blockers: These drugs block the effects of adrenaline

Alpha blockers: These drugs help your blood vessels stay open

ACE inhibitors: These drugs prevent your blood vessels from constricting by blocking your body from making angiotensin II. Angiotensin II is a chemical that constricts blood vessels

Calcium channel blockers: These drugs help prevent your blood vessels from constricting by blocking calcium from entering your cells

Combinations: These drugs combine an ACE inhibitor with a calcium channel blocker