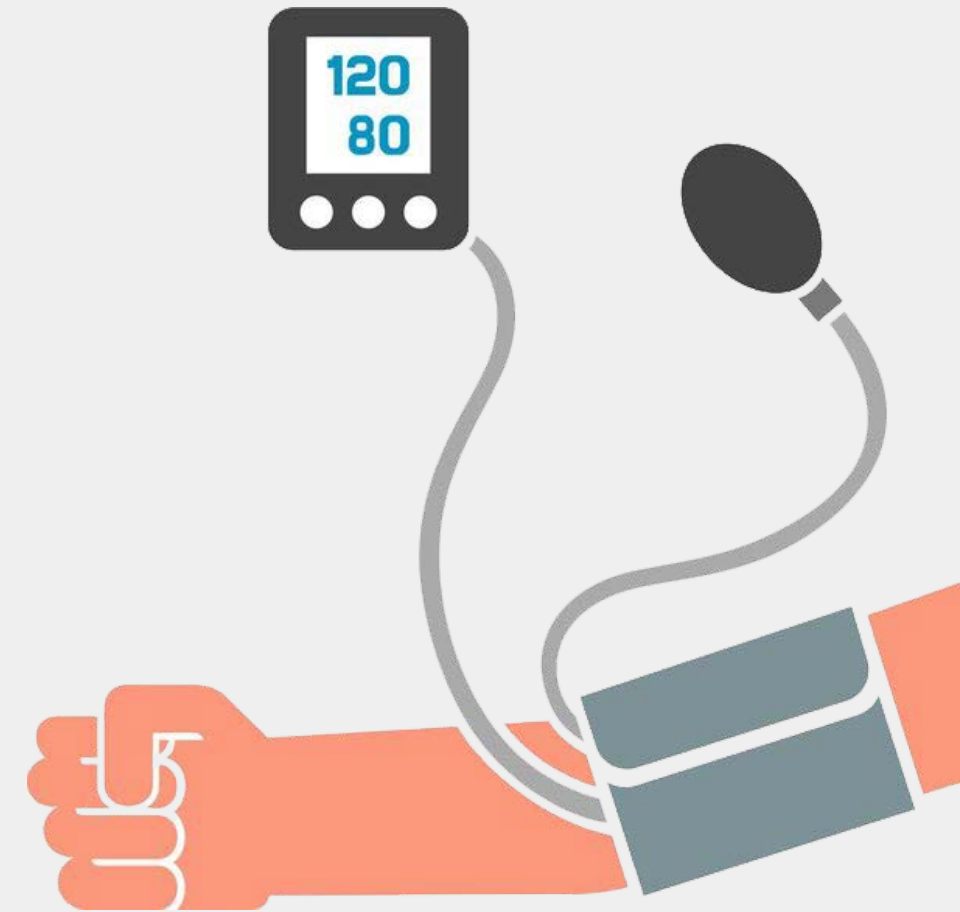


DID YOU KNOW?



**In 2017, about
1 out of 3 adults on Guam
had Hypertension or
High Blood Pressure,
the "Silent Killer."**



SOURCE: GUAM BEHAVIORAL RISK FACTOR SURVEILLANCE SYSTEM

For more information, contact Jiane Castro at robyn.castro@dphss.guam.gov or 735-0673.

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What are the SYMPTOMS of Hypertension?

Most of the time, there are **NO SYMPTOMS** for Hypertension. That is why it's called the **SILENT KILLER**.

SOURCE: American Heart Association



W h a t c a n b e d o n e ?



If your blood pressure is **180/120 mm Hg or higher, nosebleeds** and **headaches** can be warnings signs of a **HYPERTENSIVE CRISIS**.



Call 911 or visit the nearest Emergency Room (ER) if you have these symptoms.



- **DO NOT DIAGNOSE YOURSELF**
Check with your doctor or nurse. Only your doctor can diagnose you with Hypertension.
- **CHECK YOUR BLOOD PRESSURE**
Take the next steps for your health to treat your Hypertension and get your numbers back to normal.

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WHAT IS HYPERTENSION?

SOURCE: AMERICAN HEART ASSOCIATION (AHA)



Another name for
High Blood Pressure

Blood Pressure (BP) is
**how hard your heart is
pushing** against the
blood vessel walls

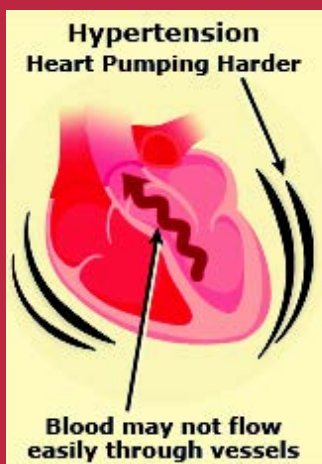
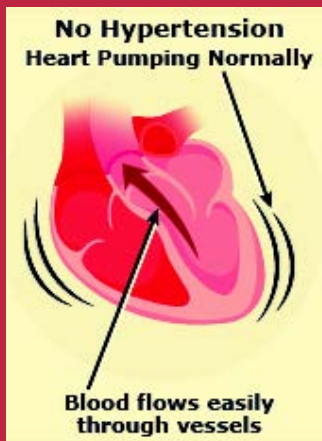
Your heart is working
harder than it should.

Your BP is HIGH
if the reading shows:
top number (systolic)
is **130 mm Hg or higher**, and
the **bottom number** (diastolic)
is **80 mm Hg or higher**.

Many don't realize
they have it.

There are usually
no symptoms.
That's why it's important
to **have your BP checked
regularly**.

AHA Recommended Blood Pressure Guidelines



Blood Pressure	SYSTOLIC mm Hg (top number)		DIASTOLIC mm Hg (bottom number)
Normal	Less than 120	AND	Less than 80
Elevated	120-129	AND	Less than 80
High Blood Pressure (Hypertension) STAGE 1	130-139	OR	80-89
High Blood Pressure (Hypertension) STAGE 2	140 and Higher	OR	90 and Higher
Hypertensive Crisis (EMERGENCY– Consult your doctor or call 911 immediately)	Higher than 180	AND/ OR	Higher than 120

*Individual recommendations must come from your doctor.

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