

Blood Pressure Basics

The Numbers: Normal blood pressure is less than 120/80 millimeters of mercury (mmHg). High blood pressure is 130/80 mmHg or higher.










Lack of Symptoms: High blood pressure is known as “the silent killer” because it often has no symptoms until it reaches more serious levels.

Multiple Risks: High blood pressure raises the risk of serious health issues such as stroke, dementia, kidney disease, heart disease, eye problems, and early death.

Regular Monitoring: Health care providers check patients’ blood pressure during regular checkups. People can monitor their blood pressure more often at home and at some public places like drug stores, grocery stores, and pharmacies. Learn more about how to self-monitor blood pressure at home [here](#).

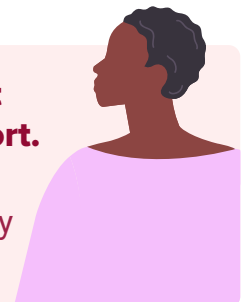
Opportunity: The years leading up to, throughout, and beyond menopause represent an important time for monitoring, preventing, and managing blood pressure and associated health conditions. Regardless of age and menstrual status, healthy habits and lifestyle changes can help improve your present and future health.

Tips and Healthy Habits

-  **Talk to Your Health Care Provider:** Share your menopausal symptoms with your health care provider to get advice and discuss treatments and lifestyle changes that may work for you.
-  **My Menoplan:** The [My Menoplan](#) tool, funded by the National Institutes of Health, can help you track and learn more about your menopausal symptoms and risk factors. With this tool, you can create a personal plan and discuss it with your health care provider to manage symptoms and help keep your blood pressure under control.
-  **Meals and Snacks:** [Eat foods low in salt and high in potassium](#) (e.g., fruits and vegetables).
-  **Alcohol:** [Avoid or limit alcoholic beverages](#).
-  **Exercise:** Engage in regular physical activity as recommended by your health care provider, [Physical Activity Guidelines for Americans](#), and the [Move Your Way campaign website](#).
-  **Weight:** [Aim for a healthy weight](#).
-  **Smoking:** [Avoid or quit smoking](#).
-  **Stress and Sleep:** [Manage stress](#) and ensure you get [good-quality sleep](#).
-  **Checkups:** Visit your health care provider for [routine checkups and screenings](#) and to make sure your [cholesterol](#) and [blood sugar](#) levels are in check.

Keeping your blood pressure at a healthy level is worth the effort.

The steps you take can also help prevent disease and keep you healthy throughout midlife and beyond.



Learn more about [blood pressure](#) and [stroke prevention](#).

Learn more about [menopause](#).

Make the most of every health care visit with tips from the [“Your Health, Your Way” fact sheet](#).

Thank you for celebrating **National Women’s Blood Pressure Awareness Week** with us!