

Name: **Sample Man**

03/21/1993

03/21/1997

Male, 51.5 years

The Heart Place

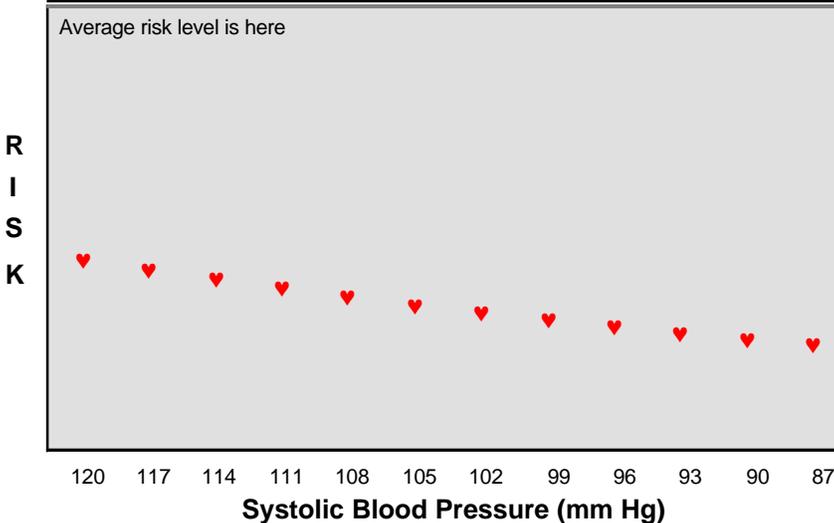
Blood Pressure

| Wellness Variable | Your Value | Poor | Fair | Good | Great |
|--------------------------|------------|------|------|------|-------|
| Systolic Blood Pressure | 145 | | | | |
| | 120 | | | | |
| Diastolic Blood Pressure | 90 | | | | |
| | 80 | | | | |

Blood pressure is defined in terms of the systolic (upper) reading, which is the pressure at the moment of the heart's contraction, and the diastolic (lower) reading, which is the pressure when the heart is relaxed. High blood pressure or hypertension is commonly referred to as the "silent killer." The name comes from the fact that no specific symptoms or early warning signals indicate a problem exists. Fortunately a simple measurement test can detect the problem.

Hypertension takes its toll over time by increasing the heart's workload. The heart becomes enlarged and weakens. Additionally, blood vessels throughout the body become damaged. Individuals with high blood pressure are at greater risk for heart attacks, stroke, kidney failure and eye damage.

Heart Attack and Stroke Risk Projection



This chart illustrates the relationship between systolic blood pressure and heart attack and stroke risk. The chart begins on the far left with your current blood pressure value and relative risk for dying of a heart attack or stroke as compared to other men your age.

Your risk of dying from a heart attack or stroke is decreased when blood pressure is maintained at a healthy level. Each 3 point decrease in your systolic blood pressure reduces your current relative risk level by 4%!

Action Plan

Your blood pressure is normal.

Consider reducing your stress.

Regular aerobic exercise can help to maintain normal blood pressure. A daily walking program might be an excellent choice! Check with your physician before increasing your physical activity level.

Be aware that blood pressure tends to increase with age.