

# Breaking News English.com

**Millions more have high blood pressure – 16th November, 2017**

## **Level 0**

The high blood pressure number has changed. It used to be 140 over 90. Doctors changed it to 130 over 80. This means the disease should be treated sooner. Blood pressure is your heart pushing blood around your body. If this pushing is too strong, it can lead to heart attacks. Normal blood pressure is less than 120 over 80.

Health problems can happen at 130 over 80. The new number is a warning to lower your blood pressure. People with high blood pressure must change their lifestyle. They should lose weight, exercise more, eat healthier food, avoid alcohol and salt, quit smoking, and avoid stress.

## **Level 1**

Millions more people have high blood pressure. The reading for high blood pressure used to start at 140 over 90. American doctors changed these numbers to 130 over 80. They said the disease should be treated sooner. Blood pressure is your heart pushing blood around your body. If this pushing is too strong, it stresses your heart and arteries. This can lead to heart attacks and strokes. Normal blood pressure is 120 over 80, or less.

Health problems can happen at 130 over 80. People can have this level of blood pressure without medicine. The new reading is a warning for you to lower your blood pressure, without medicine. People with high blood pressure need to change their lifestyle. They should lose weight, exercise more, eat healthier food, avoid alcohol and salt, quit smoking, and avoid stress. Over 46 per cent of adults in the USA now have high blood pressure, up from 32 per cent.

## **Level 2**

Millions more people around the world have high blood pressure. For many decades, doctors said high blood pressure started at a reading of 140 over 90. The American Heart Association (AHA) changed these numbers. It said the disease should be treated sooner. It said high blood pressure now starts at 130 over 80. Blood pressure is when your heart pushes blood around your body. If this pushing is too strong, it puts stress on your heart and arteries. This can lead to heart attacks and strokes. Normal blood pressure is less than 120 over 80.

Health problems can happen at 130 over 80. The AHA said it is possible for people to have this level of blood pressure without medicine. The new reading is "a yellow light" that warns you need to lower your blood pressure, mainly without medicine. People with high blood pressure need to make lifestyle changes. They should lose weight, exercise more, eat healthier food, avoid alcohol and salt, quit smoking, and avoid stress. The new reading of 130 over 80 means that 46 per cent of adults in the USA have high blood pressure. This is up from 32 per cent using the old numbers.

## **Level 3**

Millions more people around the world have high blood pressure. This news came earlier this week when the American Heart Association (AHA) changed the numbers at which high blood pressure starts. For many decades, doctors said high blood pressure started at a reading of 140 over 90. The AHA has changed this and said the disease should be treated sooner. It said high blood pressure now starts at a reading of 130 over 80\*. Blood pressure happens when your heart pushes blood around your body too fast. If this pushing is too strong, it can put stress on your heart and arteries. This can lead to heart attacks and strokes. Normal blood pressure is less than 120 over 80.

AHA doctors said health problems can happen at the lower figures of 130 over 80. However, they said it is possible for people to deal with this level of blood pressure without taking medicine. They said the new reading is, "a yellow light that you need to be lowering your blood pressure, mainly with non-drug approaches". People with high blood pressure need to make healthy lifestyle changes. These include losing weight, exercising more, eating healthier food, avoiding alcohol and salt, quitting smoking and avoiding stress. The new reading of 130 over 80 now means that nearly half (46 per cent) of the adult population of the USA has high blood pressure. This rose from 32 per cent using the old numbers.

\* Written as 130/80