

Memorial was recently named as one of the 100 Top Cardiac Hospitals in the nation by Thomson Healthcare. Oconomowoc Memorial Hospital is one of only 7 percent of hospitals its size in the nation offering on-site angioplasty, the preferred first line of lifesaving treatment when heart attack strikes.

Many diagnostic tests are also available at our D. N. Greenwald Center in Mukwonago.



1 in 4 American adults has high blood pressure but because there are no symptoms, nearly one-third of these people don't know they have it.

BLOOD PRESSURE

Blood pressure is a measure of the force your blood exerts on your blood vessels as it circulates through your body. Your blood pressure reading consists of two numbers: systolic blood pressure (top number) and diastolic blood pressure (bottom number). The systolic reading is taken when your heart is at maximum contraction, and the diastolic is taken when your heart is at rest between beats. When the systolic blood pressure and diastolic blood pressure fall into different categories, the higher category should be selected to classify your blood pressure. High blood pressure, also called hypertension, increases your risk of having a heart attack. Untreated hypertension also makes your arteries less elastic, which increases your chances for atherosclerosis (hardening of the arteries), stroke (brain attack), kidney failure, eye damage, and other serious problems.

Your Blood Pressure Reading					
Risk Category	Systolic <i>(top number)</i>	Diastolic <i>(bottom number)</i>	Previous	Current	Follow Up
Hypertension Stage 2	160 or greater	100 or greater			See doctor within <i>4 weeks</i>
Hypertension Stage 1	140 to 159	90 to 99			Recheck within 2 <i>months</i>
Pre- Hypertension	120 to 139	80 to 89	142/84	142/84	Check Annually
Normal	less than 120	less than 80			Check in 2 years