MedStar Health

Keeping Your Blood Pressure In Check
Understanding the Connection Between Healthy Blood Pressure and Overall Wellness

The MedStar Health Mobile Health Center was created to help people in the community address medical issues and concerns. We provide quality, reliable, convenient, community-based care, while giving people useful information and tools to improve their overall health and wellness.

Here, we focus on the importance of keeping your blood pressure in check – and ways to do it - with input from our medical director, Andrea Gaspar, MD.

The MedStar Health Mobile Health Center visits communities across Baltimore each week to make it easier to access the medical care you need, in a location that is convenient for you.

Learn more about our services online at MedStarHealth.org/MobileHealthCenter.

Walk-ins are accepted but appointments are recommended and can be scheduled by calling 410-350-7511.

What blood pressure reading is ideal?
The goal is 130/80, or lower. The first number is your systolic blood pressure and indicates the amount of pressure on the arteries while your heart is beating. The second number is your diastolic blood pressure and tells you how much pressure is being put on the arteries between heart beats.

Why is it important to control blood pressure?
Blood pressure is an indicator of your overall cardiovascular health and also tells us about your risk for experiencing a heart attack or stroke. The higher your number, the harder your heart is working, and the higher those risks may be.

How can I lower my blood pressure ?
Simple lifestyle changes are key! Limiting salt intake is important. Get some exercise daily and remember - ANY movement that elevates your heart rate counts! Getting solid sleep, managing stress, and keeping your weight balanced through a diet rich in fruits, veggies, and high-fiber foods will also help.

Are there medications to lower blood pressure?
Yes! If your blood pressure is consistently higher than 140/90, your doctor will likely prescribe medication that can control your blood pressure and reduce your risk for a heart attack or stroke.

How does smoking impact my blood pressure?
Smoke is a toxin that can cause a build-up of plaque in your body's vascular system, which forces your heart to work harder. You can greatly reduce your risk for experiencing a heart attack or stroke by quitting smoking.

Where can I go to check my blood pressure?
Seeing your primary care physician on a regular basis is important because he or she will always check your blood pressure and track your numbers. You can also visit the Mobile Health Center for a blood pressure check when you see us in your community. In addition to checking your blood pressure, we can treat it, provide educational materials, and issue you a blood pressure cuff to take home, if deemed medically necessary.