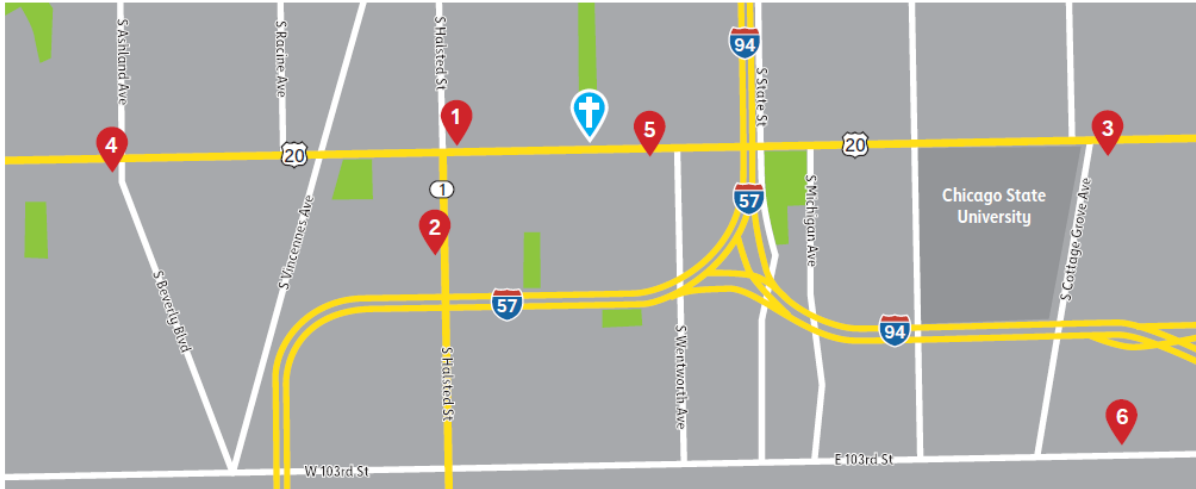




WASHINGTON HEIGHTS CLINICS



- Trinity United Church of Christ | 400 W. 95th St | (773) 962-5650
- 1 Little Company of Mary Halsted Medical Center
736 W 95th St | (773) 487-9500
- 2 Christian Community Health Center
9718 S Halsted St | (773) 233-4100
- 3 Advocate Medical Group – Imani Village
901 E 95th St | (312) 878-9240
- 4 Advocate Clinic at Walgreens
1633 W 95th St | 1-800-323-8622
- 5 Northwest Medical & Urgent Care Center
237 W. 95th St | (773) 468-2110
- 6 Concentra Urgent Care
900 E. 103rd St | (773) 468-2963

American Heart Association recommended blood pressure levels

BLOOD PRESSURE CATEGORY	SYSTOLIC mm Hg (upper number)		DIASTOLIC mm Hg (lower number)
NORMAL	LESS THAN 120	and	LESS THAN 80
ELEVATED	120-129	and	LESS THAN 80
HIGH BLOOD PRESSURE (HYPERTENSION) STAGE 1	130-139	or	80-89
HIGH BLOOD PRESSURE (HYPERTENSION) STAGE 2	140 OR HIGHER	OR	90 OR HIGHER
HYPERTENSIVE CRISIS (consult your doctor immediately)	HIGHER THAN 180	and/or	HIGHER THAN 120

High blood pressure (also referred to as HBP, or hypertension) is when your blood pressure, the force of blood flowing through your blood vessels, is consistently too high.

High blood pressure is a leading risk factor for heart disease and stroke. It is often called a "silent killer" because most people do not have any symptoms. If you have high blood pressure, you should talk to a doctor about a treatment plan including diet, exercise and possibly medication. Each of these sites offers primary care services.