

MONITORING YOUR BLOOD PRESSURE



Local presenter of:



American
Heart
Association



Saint Thomas Heart

Blood pressure (BP) is referred to as the pressure exerted by circulating blood on the walls of blood vessels and is one of the principal vital signs. During each heartbeat, BP varies between a maximum (systolic) and a minimum (diastolic) pressure. High BP is diagnosed with elevated systolic or elevated diastolic or both).

Blood Pressure Level (mm Hg)

	<u>SYSTOLIC</u>	<u>DIASTOLIC</u>
NORMAL	< 120	< 80
PREHYPERTENSION	120 - 139	80 - 89

High Blood Pressure Level (mm Hg)

STAGE 1	140 - 159	90 - 99
STAGE 2	160	100

NOTE: For every 20 mmHg increase in systolic blood pressure (SBP) or 10 mmHg increase in diastolic blood pressure (DBP) from baseline, the chance of a cardiovascular event doubles.

What does your BP mean?

- Blood pressure is measured in millimeters of mercury (mm Hg) and is stated in terms of “systolic” over “diastolic.” If your blood pressure is 140/90 mm Hg:
- The top number of 140 (systolic) measures the pressure in your blood vessels when the heart beats.
- The bottom number of 90 (diastolic) measures the pressure in your blood vessels when the heart rests between beats.

What is my blood pressure?

OVER

High blood pressure increases your risk for stroke, kidney failure, heart failure and heart attacks. If you are identified with high blood pressure, further evaluation is recommended. Schedule an appointment with a Saint Thomas Heart cardiologist at **800.345.5016**.



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