Blood Pressure

What is blood pressure?

**When your heart beats, it pumps blood round your body to give it the energy and oxygen it needs. As the blood moves, it pushes against the sides of the blood vessels.
The strength of this pushing is your blood pressure.
If your blood pressure is too high, it puts extra strain on your arteries (and your heart) and this may lead to heart attacks and strokes.**

High blood pressure is a major cause of heart disease and strokes, but it also causes kidney disease, some types of dementia and eye problems.

If you have other health conditions, such as diabetes or high cholesterol, this increases your risk of health problems even more. It is then even more important to lower your high blood pressure.

What do the numbers mean

The top number is your systolic blood pressure.
(The highest pressure when your heart beats and pushes the blood round your body.)

The bottom number is your diastolic blood pressure.
(The lowest pressure when your heart relaxes between beats.)

- 90 over 60 (90/60) or less:

You may have low blood pressure

- More than 90 over 60 (90/60) and less than 120 over 80 (120/80):

Your blood pressure reading is ideal and healthy

- More than 120 over 80 and less than 140 over 90 (120/80-140/90):

You have a normal blood pressure reading but it is a little higher than it should be, and you should try to lower it. Make healthy changes to your lifestyle.

- 140 over 90 (140/90) or higher (over a number of weeks):

You may have high blood pressure (hypertension). Change your lifestyle and see your doctor or nurse.

Top tips to lower blood pressure

- Eat less salt
- Eat more fruit and vegetables
- Keep to a healthy weight
- Drink less alcohol
- Get more active
- Stop Smoking

For more information

Blood Pressure Association

www.bloodpressureuk.org

bhf.org/heart-health/risk-factors/high-blood-pressure

www.medigold-health.com

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