

KNOW YOUR NUMBERS

High blood pressure is a common condition in which the force of blood against your artery walls is high enough that it may eventually cause health problems. It is determined by the amount of blood your heart pumps and the amount of resistance to the blood flow in your arteries. The more blood your heart pumps and the narrower your arteries, the higher your blood pressure.

Most individuals with high blood pressure **HAVE NO SIGNS or SYMPTOMS** even if blood pressure readings reach dangerously high levels. That’s why it’s called the “silent killer”.

Blood pressure is made up of two numbers:

SYSTOLIC ---The force of blood when your heart beats

DIASTOLIC --The force of blood when the heart relaxes

Once blood pressure rises above 115/75, the risk for cardiovascular disease begins to increase!

Blood Pressure Chart*



CLASSIFICATION	SYSTOLIC BLOOD PRESSURE (SBP)		DIASTOLIC BLOOD PRESSURE (DBP)
LOW**	<90	or	<60
NORMAL	<120	and	<80
PREHYPERTENSION	120 – 139	or	80 – 89
HIGH: STAGE 1 HYPERTENSION	140 – 159	or	90 – 99
HIGH: STAGE 2 HYPERTENSION	≥160	or	≥100

*The data used in this chart come from the “Seventh report of the Joint National Committee on Prevention, Detection, Evaluation, and Treatment of High Blood Pressure” (<http://www.nhlbi.nih.gov/guidelines/hypertension/>).

** In general, having lower than normal (120/80) blood pressure is a good thing, but you should consult your doctor or caregiver if you feel your blood pressure is too low and/or you are experiencing symptoms of [hypotension](#).