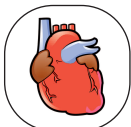


My Blood Pressure Numbers— What Do They Mean?

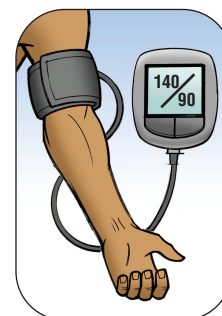
Blood pressure is measured with a cuff that is wrapped around your arm and a pressure gauge that reads two numbers.



The top number (systolic) is the blood pressure when your heart is pumping.



The bottom number (diastolic) is the blood pressure when your heart is resting.



What do your numbers mean?

Blood pressure goes up and down throughout the day. But when your blood pressure stays above a certain level, it is called high blood pressure or “hypertension.”

If your blood pressure is:	You have:
Less than 120/80	Normal blood pressure
Between 120/80 and 139/89	Pre-hypertension (you are at risk for high blood pressure)
140/90 and above	High blood pressure

To manage high blood pressure, you have to stick with your treatment. Your doctor may want you to check your blood pressure at home. Write down your numbers each time and share them with your doctor.

Goal: <input type="text"/>					
Date:	Blood Pressure:	Date:	Blood Pressure:	Date:	Blood Pressure: