

# Blood Pressure

## What is blood pressure?



Blood flows from the heart to all the body's skin and organs in arteries. Blood pressure is the force of the blood pushing against the walls of those arteries. Blood pressure is measured by reading two numbers. One is the beating of the heart (top number) and the other is the heart relaxing (bottom number). Normal blood pressure is lower than 130/85.

## What is high blood pressure?

High blood pressure, or hypertension, is 140/90 or higher. If one or both numbers are usually high, you have high blood pressure.

## When should I see my doctor?

Check ups are very important. Even when we feel fine we may have high blood pressure.

## What can I do about it?

Change your habits.

- See your doctor regularly
- Quit smoking
- Loose weight
- Eat a healthy diet
- Avoid alcohol
- Exercise each day

## Medications

Some people may have to take medicine as well.

- Always take it at the same time every day
- Make sure your doctor knows all of the medicine you take
- If you miss a dose, don't double it the next day