



UNDERSTANDING YOUR *Blood Pressure*

Blood pressure, along with heart rate and body temperature, are vital measurements in determining your overall health. When blood pressure is too high, a condition known as hypertension occurs, which means you are at risk for a heart attack, stroke or heart failure among other dangerous health problems. Low blood pressure, also called hypotension, is also harmful and can cause dizziness and fainting and could lead to strokes and kidney failure.

Your blood pressure reading has two numbers — the systolic (top) and diastolic (bottom). Understanding your numbers is important for knowing your risks. Use this quick chart to understand your readings.

BLOOD PRESSURE	Systolic	Diastolic
Normal	less than 120	less than 80
Prehypertension	120-139	80-89
Hypertension Stage 1	140-159	90-99
Hypertension Stage 2	160 or higher	100 or higher

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