

Understanding High Blood Pressure

Knowing your blood pressure numbers is important for your heart and overall health. If untreated, high blood pressure can damage your heart, brain, kidneys, and eyes.

What is blood pressure?

Your blood pressure is a measure of how hard your blood pushes against the walls of your arteries. You've probably heard it given as two numbers. For example, a healthy blood pressure is less than 120 over 80 mm Hg.

- The first (top) number is how hard the blood pushes when your heart beats.
- The second (bottom) number is how hard the force of blood is when your heart relaxes between beats.

What do the numbers mean?

	NORMAL	ELEVATED	HIGH	
Top Number: SYSTOLIC (mm Hg)	below 120	120 to 129	STAGE 1 130 to 139	STAGE 2 140 and above
Bottom Number: DIASTOLIC (mm Hg)	and below 80	and below 80	or 80 to 89	or 90 and above
			Also called <i>Hypertension</i>	



Did you know your heart pumps about **2,000 gallons of blood every day**? With each beat, it delivers nutrients and oxygen to all of the organs and tissues in your body.