

Do you know your blood pressure?

First
N^o
Second
N^o
mmHg*

Blood pressure:

What do the numbers mean?



Everyone has blood pressure. This pressure is the force needed to move blood all around your body. In a person, this pressure varies across the day and night, with different activities and from one day to another.

Ask your doctor to check your blood pressure and calculate your risk of developing heart problems.

Blood pressure is measured as **two numbers** e.g. **120/80** mmHg*



• **120** mmHg*

The **first number** is the pressure in your blood vessels (arteries) when your **heart pumps**.

• **80** mmHg*

The **second number** is the pressure in your blood vessels when your **heart relaxes**.

If your **blood pressure** is measured at the doctor's clinic as **140/90** or more on a few occasions, this usually indicates high blood pressure (*also known as hypertension*).



If you **have high blood pressure**, it is **IMPORTANT** to **follow your doctors advice** so that you can help avoid complications such as heart attacks and strokes.



*mmHg means 'millimetres of mercury' and is a standard unit to measure pressure.