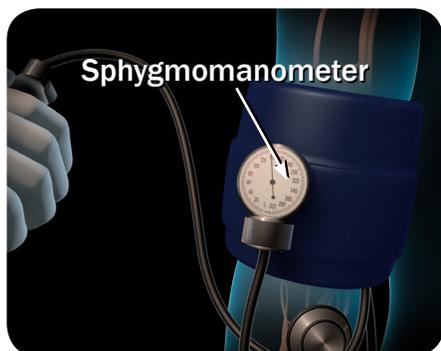


How High Blood Pressure Is Diagnosed

WATCH THE VIDEO ONLINE!

www.healthjourneysupport.com/cardiology/hbp-diagnosing

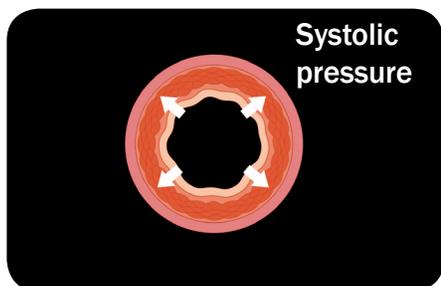
A health care professional can measure your blood pressure to find out if you have high blood pressure. This handout can help you understand what the numbers in your blood pressure mean.



Measuring Blood Pressure

Your blood pressure can be measured with a blood pressure cuff, called a sphygmomanometer.

Your pressure is recorded as two numbers, one number over the other.



When your heart beats, the pressure of blood on the walls of your arteries is called **systolic pressure**.

Your systolic pressure is the number on top.



When your heart relaxes between beats, pressure on the artery wall is called **diastolic pressure**.

Your diastolic pressure is the number on the bottom.

Changes in Your Blood Pressure

Your blood pressure may change throughout the day.



Normal Blood Pressure

Normal pressure should be less than 120 for systolic pressure.

And, for diastolic pressure, it should normally be less than 80.



High Blood Pressure

If your systolic pressure frequently stays above 140, or your diastolic pressure frequently stays above 90, you have high blood pressure.



Your specific goals may vary depending on your health situation.

Ask your doctor what your blood pressure goals should be.

The information in this handout has been created and peer reviewed by graduate-level medical illustrators, followed by reviews from medical subject experts, either physicians or PhDs on the Nucleus Medical Review Board, to ensure medical accuracy and audience level appropriateness.

The handout is intended to supplement the information you receive from your health care provider and should never be considered personal medical advice. Always contact your health care provider with health questions and concerns.

