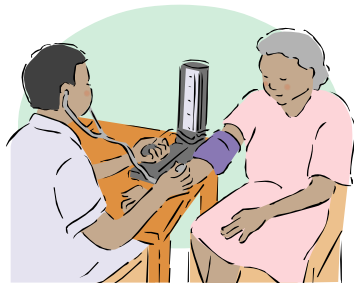


What is Blood Pressure?

Blood Pressure is the force of blood against the walls of arteries.



Blood pressure is recorded as two numbers, one above the other.

Blood Pressure = Systolic Pressure
Diastolic Pressure

Systolic Pressure = pressure on the vessels when the heart *beats*

Diastolic Pressure = pressure on the vessels when the heart *rests*

Blood Pressure Category	Systolic (mm Hg)	Diastolic (mm Hg)
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

*Your doctor should evaluate unusually low readings

Source: American Heart Association

Local Resources to Help Manage Your High Blood Pressure



Your Health Care Providers

Physician Office

Health Clinic or Health Center

Pharmacy

American Heart Association

www.americanheart.org

St. Louis Heart Association

460 N Lindbergh Blvd

St Louis, MO 63141

(314) 692-5600