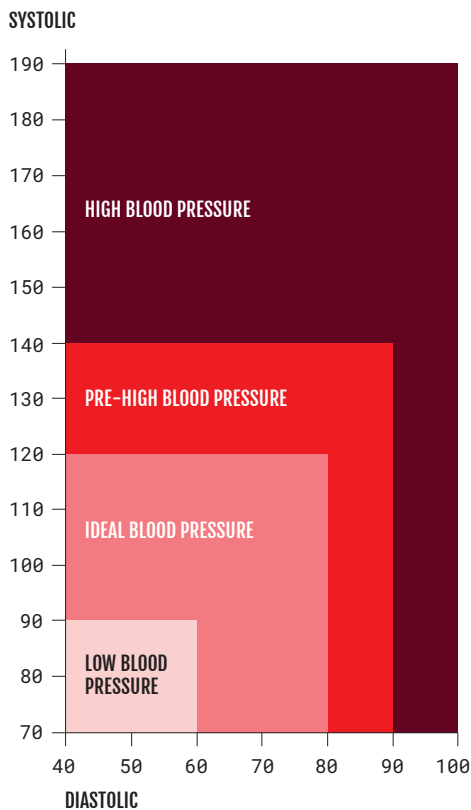


BLOOD PRESSURE NUMBERS EXPLAINED



WHAT HAPPENS NEXT?

You have your blood pressure reading, now to understand what the numbers are telling you. A blood pressure reading consists of two numbers:

SYSTOLIC – The first number, which indicates pressure in the arteries when the heart beats.

DIASTOLIC – The second number, which indicates pressure in the arteries when the heart relaxes between beats.

If the first number is 110 and the second number is 70, this would be written as 110/70. Blood pressure is measured in millimetres of mercury (mmHg) so the reading would be 110/70mmHg or may be referred to as 110 over 70.

Please use the chart on the left to determine whether your blood pressure is within the healthy range.

AS A GENERAL GUIDE:

140/90MMHG OR HIGHER

YOU MAY HAVE HIGH BLOOD PRESSURE

Start making lifestyle changes and see a doctor as soon as possible.

120/80MMHG TO 140/90MMHG

AT RISK OF DEVELOPING HIGH BLOOD PRESSURE

Start making lifestyle changes and check your blood pressure again within a couple of months.

90/60MMHG TO 120/80MMHG

IDEAL BLOOD PRESSURE

Maintain your healthy lifestyle and continue to have regular blood pressure checks.

90/60MMHG OR LOWER

LOW BLOOD PRESSURE

This isn't usually a problem but may result in dizziness or cause you to feel faint. It's possible that it is a sign of another health issue, if you are concerned, please discuss this with a trained medical professional.

#TheBigSqueeze

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If you have concerns about any of the above, please seek advice from a trained medical professional.

