



## Know Your Blood Pressure Numbers

**Often wonder what the top and bottom blood pressure numbers mean? Doctors call them systolic (the top number) and diastolic (the bottom number) blood pressure. Knowing both your systolic and diastolic blood pressure number is important and could save your life.**

### **SYSTOLIC**

**The top number measures the pressure in your blood vessels when your heart beats. A normal systolic blood pressure is below 120. A number of 120 to 139 means you have prehypertension. A number of 140 or higher is considered to be high blood pressure. Typically more attention is given to the top number (the systolic blood pressure) as a major risk factor for cardiovascular disease for people over 50 years old.**

### **DIASTOLIC**

**The bottom number indicates the pressure in the arteries when the heart rests between beats. A normal diastolic blood pressure number is less than 80. A number between 80 and 89 indicates prehypertension. If the number is about 90, it is high blood pressure. Even people with prehypertension are at a higher risk of developing heart disease.**

**Know ALL your numbers!  
Anne Marie –Parish Nurse**