

WHY MEASURE BLOOD PRESSURE AND DOES IT EVEN MATTER?

What blood pressure measures

Systolic (top number): The pressure of blood pushing against artery walls when heart beats

Diastolic (bottom number): The pressure of blood pushing against artery walls when heart rests between beats



High blood pressure (hypertension) can lead to many health problems

- Stroke
- Vision loss
- Heart failure
- Heart attack
- Kidney disease/failure
- Sexual dysfunction



Heart disease and blood pressure

Systolic blood pressure rises when large arteries become stiff, plaque builds up, and heart and blood vessel diseases are likely present



Blood pressure ranges

Normal: Systolic <120 **AND** Diastolic <80

Elevated: Systolic 120-129 **AND** Diastolic <80

Hypertension Stage 1: Systolic 130-139 **OR** Diastolic 80-89

Hypertension Stage 2: Systolic 140> **OR** Diastolic 90>

HYPERTENSIVE CRISIS: Systolic 180> **AND/OR** 120>

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