



Blood Pressure Record

Date	Time	Reading	
		RT	LT

What do Your Numbers Mean?

When you have your blood pressure checked, it results in two numbers: systolic (the pressure in your arteries while your heart is beating) and diastolic (the pressure in the arteries when the heart rests between beats). The systolic number appears on top with the diastolic number on the bottom. For example:

120 Systolic = Pressure while heart is **beating**

80 Diastolic = Pressure while heart **rests between beats**

Each time you have your blood pressure taken, make sure it is recorded above. Then check your numbers against the chart to the right to make sure you are staying heart healthy.

Category	Systolic (mmHg)	Diastolic (mmHg)	Result
Normal	Less than 120 and	Less than 80	Great blood pressure!
Prehypertension	120 to 139 or	80 to 89	Your blood pressure could be a problem. Make changes in your diet. Increase exercise and physical activity. Lose extra weight.
Hypertension	140 or higher or	90 or higher	You have high blood pressure. See your doctor about how to get your blood pressure under control.

Prevent or control high blood pressure.

It is important to work with your doctor or healthcare professional as a team. Your doctor should let you know what your ideal blood pressure should be. Know what your blood pressure is at every visit and discuss the next steps according to your personal goals. Be sure to:

- Exercise.
- Eat a proper diet.
- Take your medication as prescribed, regularly.
- See your doctor regularly.

For an appointment with a heart specialist, visit MedStarHeart.org or call **877-74-HEART** (877-744-3278).