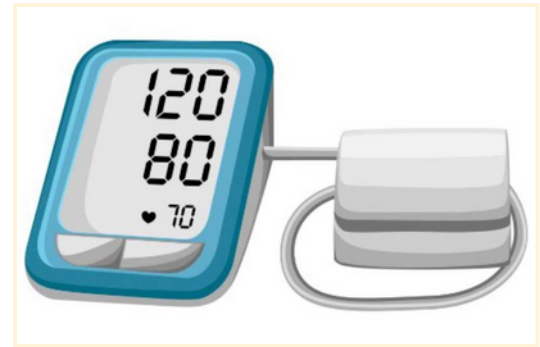


Know Your Blood Pressure Numbers!

What do my blood pressure numbers mean?

Your blood pressure is measured using two numbers:

- The top number is your systolic blood pressure or SBP. This measures the blood pressure in your arteries when your heart beats.
- The bottom number is your diastolic blood pressure or DBP. This measures the blood pressure in your arteries between heart beats.






Here is an example of how to read the measurements:

- If your monitor reads 120 systolic and 80 diastolic, you would say your blood pressure is "120 over 80"
- The way your doctor would write this down is 120/80 mmHg.



Know Your Blood Pressure Numbers!

When measuring your blood pressure at home, use this helpful chart to understand your blood pressure levels.

 Normal blood pressure	SBP: Less than 120
	DBP: Less than 80
 Elevated (higher) blood pressure	SBP: Between 120-129
	DBP: Less than 80
 Hypertension (high blood pressure)	SBP: 130 or higher
	DBP: 80 or higher



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