

Diana Road Dental Care

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Understand your Blood Pressure

What is Blood Pressure?

It is the pressure that is exerted by blood flowing against the walls of the blood vessels throughout your body.

Your heart provides the force for the blood to flow or circulate. When your heart contracts or beats, your blood is forced through the blood vessels increasing the pressure.

Systolic Pressure

This is the highest pressure in the cycle which occurs when your heart contracts.

Diastolic Pressure

This is the lowest pressure in the cycle which occurs when the heart relaxes, in between the beats.

Your Blood Pressure

Date: /
Systolic Diastolic

An ideal blood pressure is **120 / 80**

A raised blood pressure, hypertension, has been described as '*the silent killer*'. Hypertension can increase your risk of having a heart attack or a stroke.

If your blood pressure is above **140 / 90** it is recommended that you ask for advice from your medical practice.

See web site: www.nhlbi.nih.gov/hbp for further information

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