

BLOOD PRESSURE

What do the numbers mean?

Systolic - heart constricts
Diastolic - heart relaxes

For example 120 or "120 over 80"
80

Normal	<u>Less than 120</u> Less than 80
Elevated Blood Pressure Formerly Pre-Hypertension	<u>120-129</u> Less than 80
Stage 1 Hypertension	<u>130-139</u> 80-89
Stage 2 Hypertension	<u>140 or Higher</u> 90 or Higher

