

# KNOW YOUR NUMBERS

## What do your blood pressure numbers mean?

The only way to know if you have high blood pressure, also known as hypertension, is to have your blood pressure tested. Understanding your results is key to controlling high blood pressure.

# Your blood pressure is recorded as two numbers:

Systolic blood pressure (the first number) – indicates how much pressure your blood is exerting against your artery walls when the heart contracts.

Diastolic blood pressure (the second number) – indicates how much pressure your blood is exerting against your artery walls while the heart muscle is resting between contractions.





#### **Hypertensive Crisis**

Higher than 180

Higher than 120

## High blood pressure

Hypertension (Stage 2)

140 or higher

**90** or higher

### **High blood pressure**

Hypertension (Stage 1)

130-139

80-89

Elevated

120-129

Less than 80

#### **Normal**

Systolic mmHg

(upper number)

Diastolic mmHg

(lower number)

Less than 120

Less than **80** 

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