



## Blood Pressure

How you can tell if you have high blood pressure

Having high blood pressure (Hypertension) is not usually something that you feel or notice.

It does not tend to produce obvious signs or symptoms.

The only way to know what your blood pressure is, have it measured.

### **What do the numbers mean?**

Every blood pressure reading consists of two numbers or levels. They are shown as one number on top of the other.

The first (or top) number is your systolic blood pressure. It is the highest level your blood pressure reaches when your heart beats.

The second (or bottom) number is your diastolic blood pressure. It is the lowest level your blood pressure reaches as your heart relaxes between beats.

### **Blood pressure readings explained**

Keep your blood pressure low

Even if you do not have high blood pressure at the moment, it is important to keep your blood pressure as low as you can.

The higher your blood pressure, the higher your risk of health problems.

For example, a blood pressure of 135 over 85 may be "normal" but someone with this reading is twice as likely to have a heart attack or stroke as someone with a reading of 115 over 75.

**Blood Pressure Helpline**  
**020 7882 6218**

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