



# National Wear Red Day

## Friday, February 7th

### KNOW YOUR NUMBERS

High blood pressure is a common condition in which the force of blood against your artery walls is high enough that it may eventually cause health problems. It is determined by the amount of blood your heart pumps and the amount of resistance to the blood flow in your arteries. The more blood your heart pumps and the narrower your arteries, the higher your blood pressure.



Most individuals with high blood pressure **HAVE NO SIGNS** or **SYMPTOMS** even if blood pressure readings reach dangerously high levels. That's why it's called the "silent killer".

Blood pressure is made up of two numbers:

SYSTOLIC                      →                      The force of blood when your heart beats

DIASTOLIC                    →                    The force of blood when the heart relaxes

Blood Pressure Category	Systolic (mmHg)		Diastolic (mmHg)
Normal	less than 120	and	less than 80
Prehypertension	120 - 139	or	80 - 89
Stage 1 Hypertension	140 - 159	or	90 - 99
Stage 2 Hypertension	160 or higher	or	100 or higher

Once blood pressure rises above 115/75, the risk for cardiovascular disease begins to increase!



The Medical Center of Plano