

Blood pressure

What is blood pressure?

Blood pressure is the force your heart uses to pump blood around your body through the arteries. Your blood pressure naturally goes up and down, and it's fine for it to go up while you're moving about. It's when your overall blood pressure is always high, even when you are resting, that you need to do something about it.

Hypertension

is the medical term for high blood pressure. It means that your heart has to work harder to pump blood around your body, so the pressure is always higher than it should be.

140
90
mmHg

Left untreated Hypertension

can lead to heart and circulatory diseases like heart attack or stroke. It can also cause kidney failure, heart failure and problems with your sight.

7 million

people in the UK have high blood pressure and don't know it.

How blood pressure is measured?

First number

140

Second number

90

Millimetres
of mercury

mmHg

Systolic pressure

This is the highest level of your blood pressure - when your heart beats, it contracts to pump blood through your arteries.

:
:
:
:
:
:
:
:

Diastolic pressure

This is the lowest level of your blood pressure - when your heart relaxes between beats.

Blood pressure

is the measurement of force applied to artery walls

Your blood pressure should be under

140/90
mmHg

What you can do... Lifestyle changes that can help lower blood your pressure



Quit smoking



Cut salt
on food



Reduce the amount
of alcohol you
drink



Eat more fruit
and vegetables



Be more active,
brisk walk or taking
the stairs



Lose weight

You can get your blood pressure tested at your local GP surgery and some pharmacies. Or you can buy a digital blood pressure machine if you want to check your blood pressure regularly at home.