Blood Pressure
What is blood pressure?

The blood goes round and round the body through tubes called arteries which are large near the heart and tiny in the fingers and toes.

It does so because of two things:

1. The heart which squeezes and relaxes like a very strong pump pushes the blood into the arteries.

2. The arteries which expand and contract like elastic help the blood on its way.

The combined effect of the heart pumping the blood and the arteries pulsating is what is called blood pressure.

Blood pressure is measured when the heart squeezes (systole) and when it relaxes (diastole).

Why is it important?

One of the best ways to check the health of your heart and blood vessels is to measure your blood pressure.
What should it be?

A good reading would be 120 systolic and 80 diastolic.

A doctor will write it like this:

\[
\frac{120}{80} \quad \text{systolic} \quad \text{diastolic}
\]

Normal blood pressure varies with exercise, excitement, anger or worry. Regular high blood pressure needs a doctor’s attention.
How do I find out mine?

Get your blood pressure checked next time you see your doctor.
Remember!

Getting your blood pressure checked is something important you can do for yourself.

Knowing your own blood pressure is a step towards taking responsibility for your own health.

NHS

Health Promotion Resources

Berkshire Health Promotion Resources
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