

Understanding Your Blood Pressure Reading

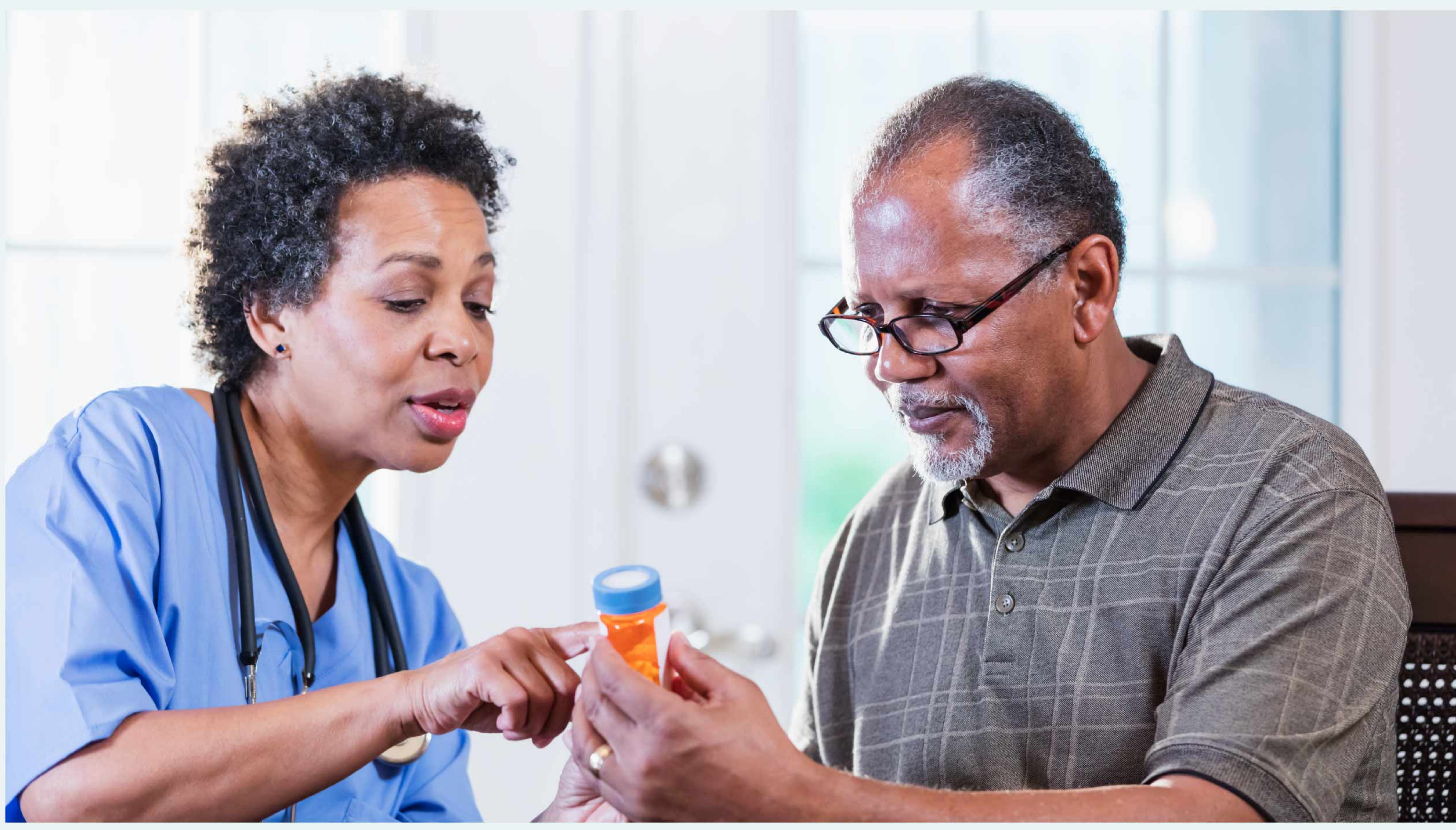
When reading your blood pressure, there are two important numbers, the **systolic** (top number) and the **diastolic** (bottom number), e.g., 120/80, 120=systolic, 80=diastolic.

 = High Blood Pressure

Pressure Level	Systolic Levels	Diastolic Levels	Severity
Low Blood Pressure	Below 90	Below 60	Not a concern if no other symptoms are present.
Normal Blood Pressure	90-120	60-80	Not a concern.



Elevated	120-129	80 or below	This level is not an immediate sign of concern.
Hypertension Stage I	130-139	80-89	Some concern. Lifestyle changes are advised at this stage.



Hypertension Stage II	140-149	90 or above	Very concerning. Medication and lifestyle changes are necessary at this stage.
Hypertensive Crisis	180 or above	120 or above	Extremely concerning. Immediate medical attention is necessary at this stage.

