



# DO YOU KNOW YOUR BLOOD PRESSURE NUMBERS?



GOVERNMENT OF BERMUDA  
Ministry of Health  
**Department of Health**

**HIGH BLOOD PRESSURE** is known as the “silent killer” because you can have high blood pressure and not know it.

High blood pressure is one of several ‘riskfactors’ that can increase your chance of developing heart disease, a stroke, kidney failure and other serious conditions.

Blood pressure is the force of blood that pushes against the wall of the blood vessels as the heart pumps. High blood pressure is also called hypertension.

There are two measurements that are used to assess blood pressure:

**SYSTOLIC PRESSURE** is the blood pressure when the heart pumps blood around your body.

**DIASTOLIC PRESSURE** is the measure of blood pressure when the heart is resting in between beats.

The blood pressure numbers are written with the systolic number above or before the diastolic number (120/80).

Record your blood pressure reading below:

\_\_\_\_\_ / \_\_\_\_\_

### WHAT BLOOD PRESSURE NUMBERS MEAN:

Less than 120 systolic Less than 80 diastolic	Healthy Range (recheck in 2 years) Maintain healthy lifestyle
130-139 systolic 85-89 diastolic	Approaching high risk (recheck in 1 year) Begin lifestyle changes to prevent full blown hypertension
More than 140 systolic More than 90 diastolic	Your blood pressure is high (follow-up with doctor ) Work with your doctor to control your BP

### SUPPORT YOU CAN GET TO HELP CONTROL YOUR BLOOD PRESSURE:

- Attend the free Blood Pressure Clinic at the Department of Health, Hamilton Health Centre, 67 Victoria Street on Wednesdays at 2pm - 4pm **(441) 278-6460**
- Participate in the 4 week Pressure Point, blood pressure management programme at the Chronic Disease Management Centre, KEMH **(441) 239-2027**
- Participate in the 6 week CORE lifestyle management programme at the Bermuda Heart Foundation, 87 Front Street, Hamilton **(441) 232-7812**

### KEEP TRACK OF YOUR BLOOD PRESSURE:

Name: \_\_\_\_\_

Date of Birth: \_\_\_\_\_

Date:				
Systolic				
Diastolic				

**Published by:**

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**HYPERTENSION TASK GROUP**



