

KNOW YOUR BLOOD PRESSURE NUMBERS



Your blood pressure is high

More than 140 systolic
More than 90 diastolic
(follow-up with doctor as required)

Work with your doctor to control your BP

Approaching high risk

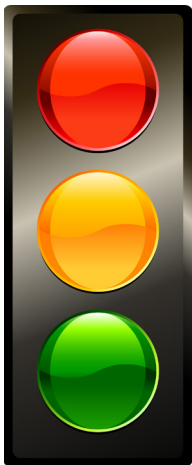
130 – 139 systolic
85 – 89 diastolic
(recheck in 1 year)

Begin lifestyle changes to prevent full-blown hypertension

Healthy Range

Less than 120 systolic
Less than 80 diastolic
(recheck in 2 years)

Maintain a healthy lifestyle



- * Systolic is the top number of your blood pressure reading
- ** Diastolic is the bottom number of your blood pressure reading



GOVERNMENT OF BERMUDA
Department of Health