

BLOOD PRESSURE

Be your own Valentine

Blood Pressure is the pressure generated by the blood on the vessel walls when the heart beats and is expressed by two numbers: the systolic pressure and the diastolic pressure.

The recommended resting blood pressure is 120/80.
120 (systolic)/ 80 (diastolic).

The **systolic pressure** is the pressure generated when the heart contracts and is a high pressure because it is a pumping pressure.

The **diastolic pressure** is the pressure when the heart is resting between beats. The higher the diastolic pressure the harder the heart has to work to get blood and oxygen around the body. Thus, because elevated diastolic pressure requires the heart to pump harder it also increases the systolic pressure.

High blood pressure causes the heart to work harder than normal because it is forcing the blood out of the heart against increased resistance. Over time this increased stress can cause the heart to enlarge and the arteries to become harder and less elastic increasing the chances of heart attack, stroke and kidney failure.

High Blood Pressure (hypertension) has been called the 'silent killer' as there are no warning signs to alert you that your blood pressure is high. The only way to determine if your blood pressure is too high is for it to be measured by your doctor, nurse or health professional. All PLHEALTH assessments include Blood Pressure.

How can you lower your Blood Pressure?

- ♥ Follow a heart healthy eating plan
- ♥ Reduce salt intake
- ♥ Lose some weight
- ♥ Exercise everyday
- ♥ Reduce alcohol intake
- ♥ Stop smoking

PLHEALTH can prescribe an 8-week lifestyle plan to reduce your Blood Pressure.
Contact us to find out how.