

When your heart pumps, the force of the blood against your artery walls is at its highest. When your hearts, the top number is known as systolic blood pressure (pronounced “si-stall-ic”).

The bottom number is called diastolic blood pressure (pronounced “die-ah-stall-ic”).

When doctors talk to patients about blood pressure, they refer to the blood pressure reading as the top number “over” the bottom number, such as “120 over 80.”



High blood pressure is also known as hypertension.

Blood pressure that is consistently more than 140/90 mm Hg when measured in the doctor’s office or 135/85 mm Hg when measured at home is considered high.

In most cases, the exact cause of high blood pressure is not clear. One high reading does not mean that you have high blood pressure.

If you have one high reading, you will be asked to have your blood pressure tested a few more times on different days. This will help you and your doctor assess whether your blood pressure is truly high.

<i>Category</i>	<i>Systolic/Diastolic</i>
Normal	120-129/80-84
High-Normal	130-139/85-89
High	$\geq 140/90$
High Blood Pressure (Measured at Home with home monitoring device)	$\geq 135/85$
High Blood pressure for people with Diabetes	$\geq 130/80$

The Silent Killer

High blood pressure is called the silent killer because it:

- Often has no symptoms
- Can double or even triple your risk of heart disease and stroke
- Can increase your risk of kidney disease

South Asian adults are more likely to have high blood pressure and diabetes. This means you are at greater risk of heart disease and stroke than other ethnic groups. High blood pressure is strongly linked to heart disease and stroke. The effects of high blood pressure can also damage.

SLOW DEATH CAMPAIGN



Jessica - The red heart is powerful and shows a healthy heart. The hearts around it have been making bad decisions.