

# My blood pressure guide



**Blood pressure** is the pressure of your blood against your blood vessels, measured in two numbers:

135



The top number is your **systolic** blood pressure, which occurs when your heart pumps out blood while it contracts.

85



The bottom number is your **diastolic** blood pressure, which occurs when your heart fills with blood while it relaxes.

Keeping your blood pressure at or below your target blood pressure will help prevent diseases caused by high blood pressure, such as heart attack, stroke, and kidney failure.

## My target blood pressure:

### People with no other medical conditions

less than  $\frac{140}{90}$

### People with diabetes or kidney disease

less than  $\frac{130}{80}$

Since many factors can influence your target blood pressure, ask your doctor what your blood pressure should be.

My doctor recommends a target blood pressure of  /