

Know Your Blood Pressure Numbers... and get to Goal

Taking your blood pressure is simple

When taking your blood pressure (BP) at home, remember to read the manufacturer's instructions carefully. Review your readings with your doctor. Other things to keep in mind:

- ✓ Try to avoid caffeinated beverages (such as coffee and tea) and tobacco use. Exercising within 30 minutes of measuring your BP might affect the BP results
- ✓ Sit quietly for at least 5 minutes before taking your BP
- ✓ Try to relax; do not talk or move around while taking your BP
- ✓ Blood pressure can change over the course of a day
- ✓ Try to take your BP at the same time every day

Key points to remember when taking your own BP:

The top (or first) number: Systolic

Measures the force of blood in your arteries when your heart beats (contracts).

120/80

The bottom (or second) number: Diastolic

Measures the force of blood in your arteries when your heart relaxes between beats.

