

Blood Pressure Information

Information taken from British Heart Foundation –
www.bhf.org.uk

It is important to know your blood pressure as if it is raised it can put you at increased risk of serious conditions such as heart attack or stroke.

There are rarely symptoms for someone who has raised blood pressure.

Your blood pressure is made up of two numbers – the Systolic (top number) indicates the highest pressure within the arteries when the heart contracts, while the Diastolic (bottom number) indicates the lowest pressure in the arteries when the heart rests between beats.

A normal blood pressure reading is below 140/90 or 130/80 or below for people with circulatory disease, diabetes or kidney disease (unless your doctor tells you otherwise).

An ideal blood pressure reading can be around 120/80.

If you regularly get readings above 140/90 (for either number) then you should speak to your GP and ask to get it checked.



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Visit – www.livewellderby.co.uk

Call - 01332 641254

Email – livewell@derby.gov.uk

Checking your own blood pressure

If you have your own Blood Pressure monitor or, access to a monitor, it can be a good idea to check your readings and know what your normal numbers are. You can find a list of monitors that are validated by the British and Irish Hypertension society on the British Heart Foundation website: www.bhf.org.uk

Everyone's blood pressure varies during the day. It tends to be highest in the morning and lowest at night. But it also depends on how active you have been, when you have eaten, if you have had caffeine or if you are feeling anxious or under stress.

If you find your numbers change then keep a diary of your readings and note what you do during the day.

How to check your blood pressure using a blood pressure machine

Make sure you have been resting before taking the reading.

Sit upright in a chair, your back against the back of the chair and place your feet flat on the floor.

Rest your arm on a table or surface so it is at the same height as the monitor and relax your arm (don't clench your fist).

Place the cuff over your upper arm and secure the cuff using the Velcro fastening, making sure you can fit two fingers underneath the cuff.

The cuff needs to be on the upper part of your arm with the tubing leading down the centre or slightly to the right of your arm (most cuffs have a marker to help with placing it correctly– check the instructions).

Don't talk or hold your breath whilst you are taking your reading – try to relax.

The cuff will inflate and tighten around your arm. It will hold tightly around your arm for a few seconds to take the reading. This may be slightly uncomfortable for a short time only. The cuff will then deflate automatically giving your reading on the monitor.

It's a good idea after a few minutes to take another reading so you can check the readings are similar and accurate. It's normal for the numbers to vary slightly for each reading and from one arm to the other.

For more information and a video on a blood pressure reading:

www.bhf.org.uk/information-support/heart-matters-magazine/medical/tests/blood-pressure-measuring-at-home



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Contact your GP if you have any concerns about your blood pressure and let your Livewell advisor know as soon as possible.