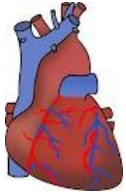


What is Blood Pressure ?



Blood pressure is the pressure of the blood against the walls of the arteries. Blood pressure results from two forces. One is created by the heart as it pumps blood into the arteries and through the circulatory system. The other is the force of the arteries as they resist the blood flow.

What do blood pressure numbers indicate?

The higher (systolic) number represents the pressure while the heart contracts to pump blood to the body. The lower (diastolic) number represents the pressure when the heart relaxes between beats.

The systolic pressure is always stated first. For example: 118/76 (118 over 76); systolic = 118, diastolic = 76.

Blood pressure below 120 over 80 mmHg (millimeters of mercury) is considered optimal for adults. A systolic pressure of 120 to 139 mmHg or a diastolic pressure of 80 to 89 mmHg is considered "prehypertension" and needs to be watched carefully. A blood pressure reading of 140 over 90 or higher is considered elevated (high).

HEART ATTACK signs and symptoms

Chest pain - An uncomfortable pressure, squeezing or pain in the center of the chest behind the breastbone.

Radiating pain - The chest pain can spread to the arms, neck, jaw, shoulders or back.

Nausea - Chest pain is often accompanied by nausea and occasionally vomiting.

Sweating - Sweating without fever commonly accompanies chest pain.

Other symptoms - Heart attack victims may become light headed, faint, short of breath or agitated.

If chest pain last more than a few minutes, call 9-1-1:

Medic One paramedics can begin life-saving treatment at the scene.

What Is High Blood Pressure?

High blood pressure (or hypertension) is defined in an adult as a blood pressure greater than or equal to 140 mm Hg systolic pressure or greater than or equal to 90 mm Hg diastolic pressure.



High blood pressure directly increases the risk of coronary heart disease (which leads to heart attack) and stroke, especially when it's present with other risk factors.

High blood pressure can occur in children or adults, but it's more common among people over age 35. It's particularly prevalent in African Americans, middle-aged and elderly people, obese people, heavy drinkers and women taking birth control pills. It may run in families, but many people with a strong family history of high blood pressure never have it. People with diabetes mellitus, gout or kidney disease are more likely to have high blood pressure, too.

STROKE signs and symptoms

F - Face: look at the person's face. Can he/she smile? Does the mouth or eye droop?

A - Arm: Can the person raise both arms, or does one side hang?

S - Speech: Can the person speak clearly and understand what you say?

T - TIME to call 911. **IMMEDIATELY**

DO NOT try to drive that person to the hospital! emergency room.

